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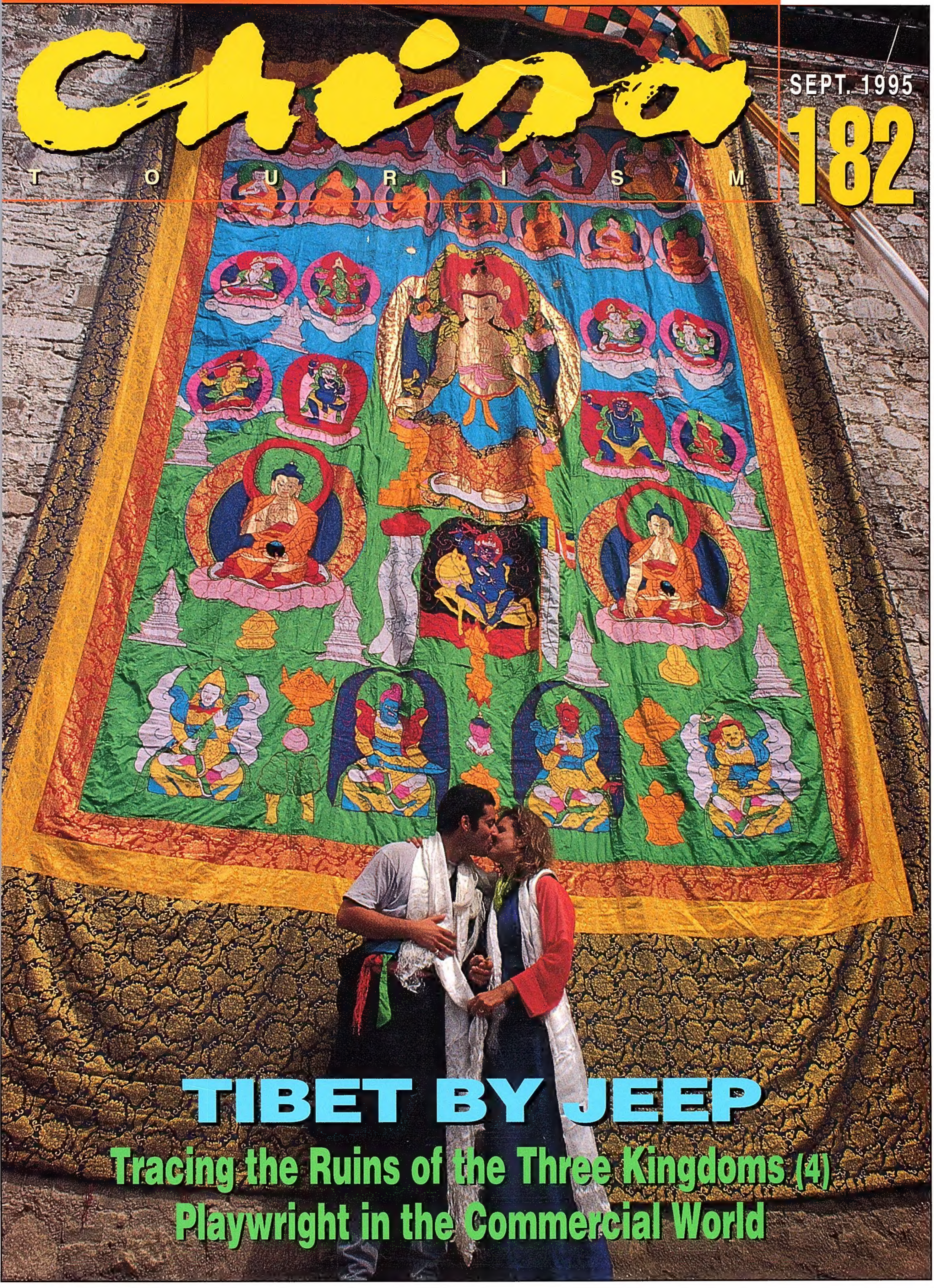

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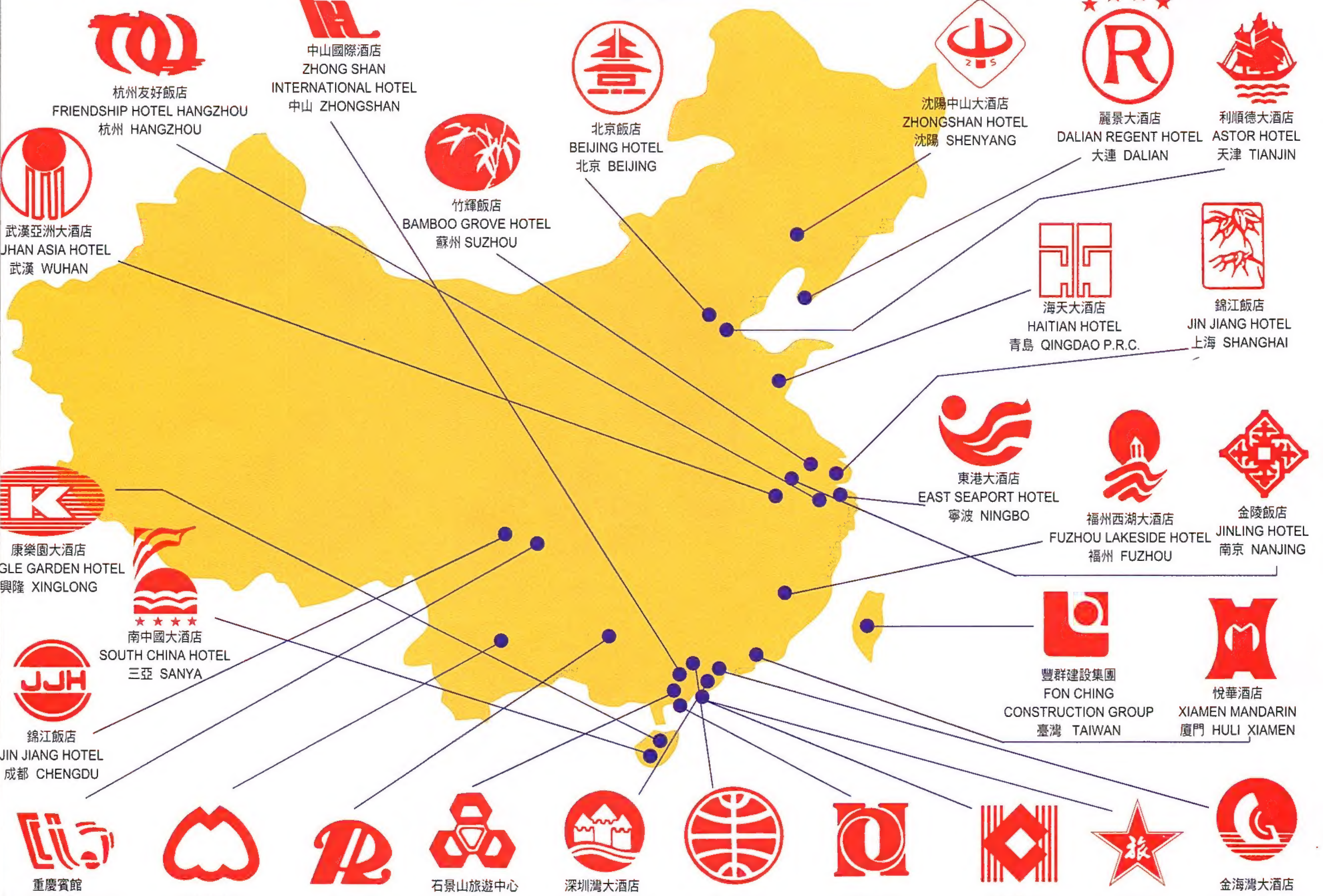

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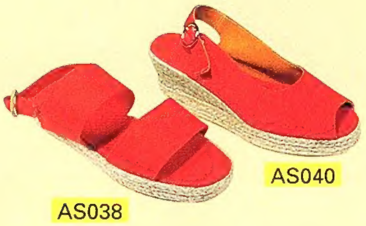
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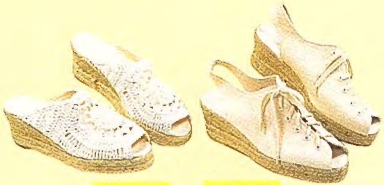
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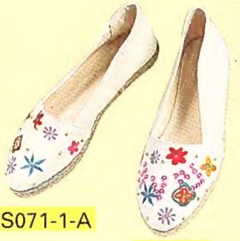
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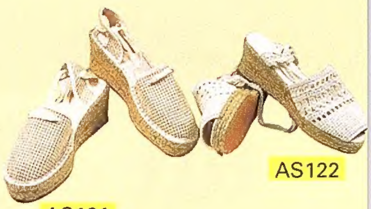
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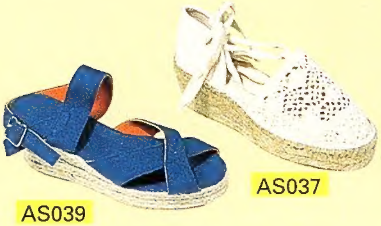
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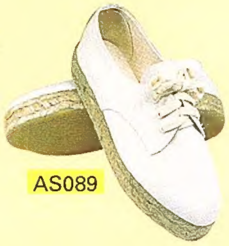
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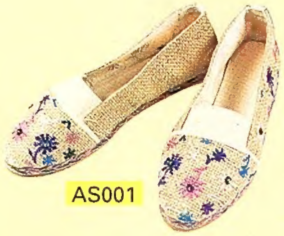
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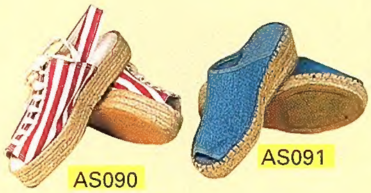
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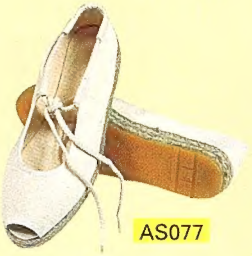
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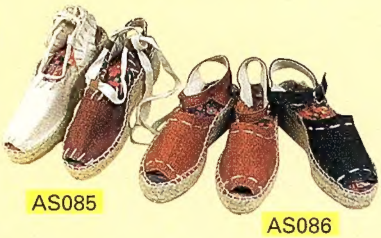
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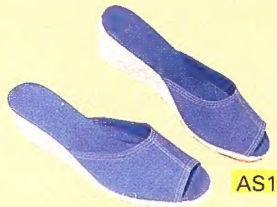
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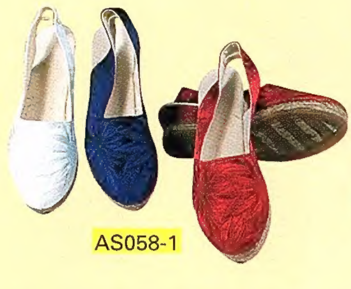
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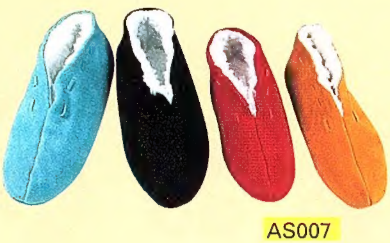
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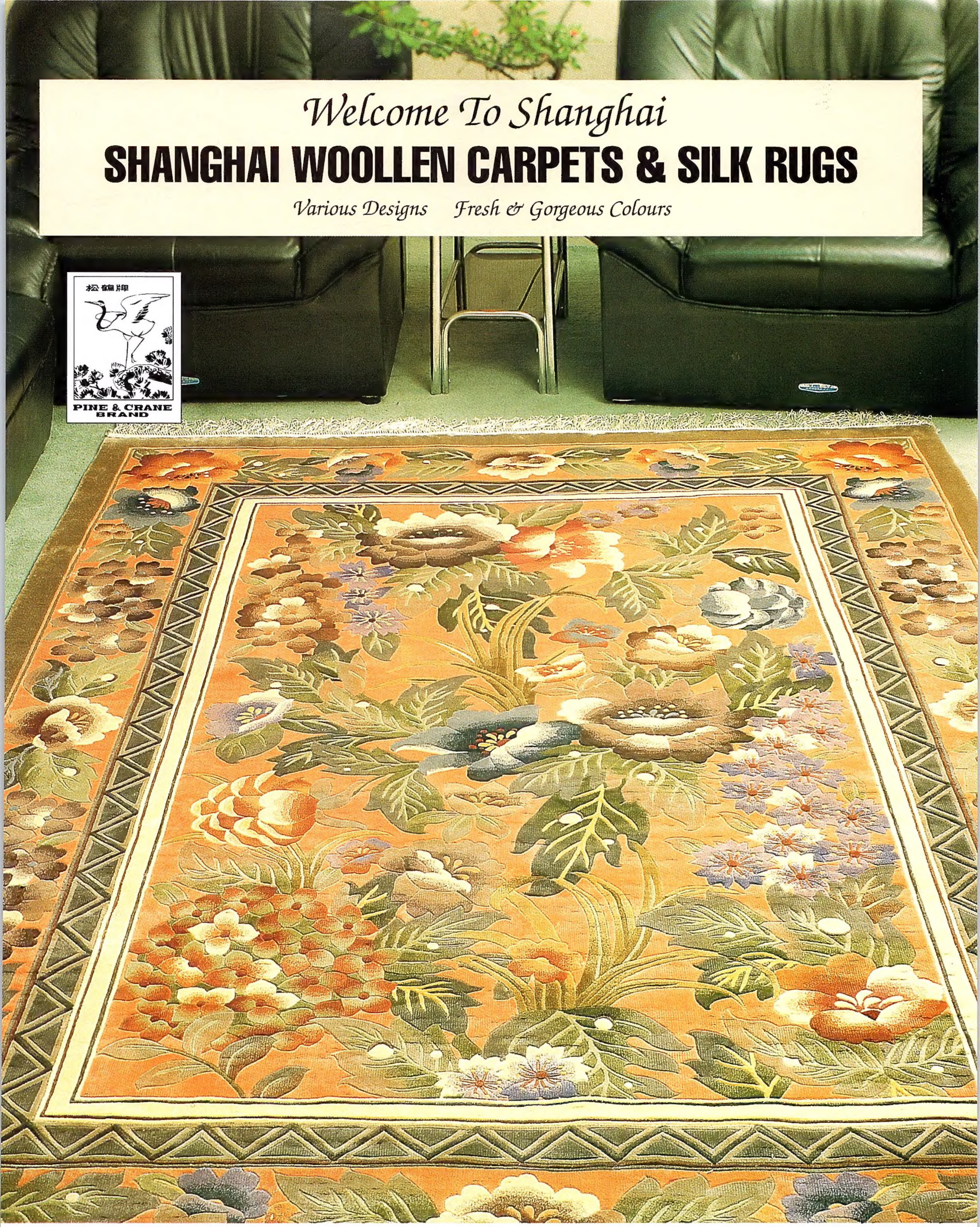

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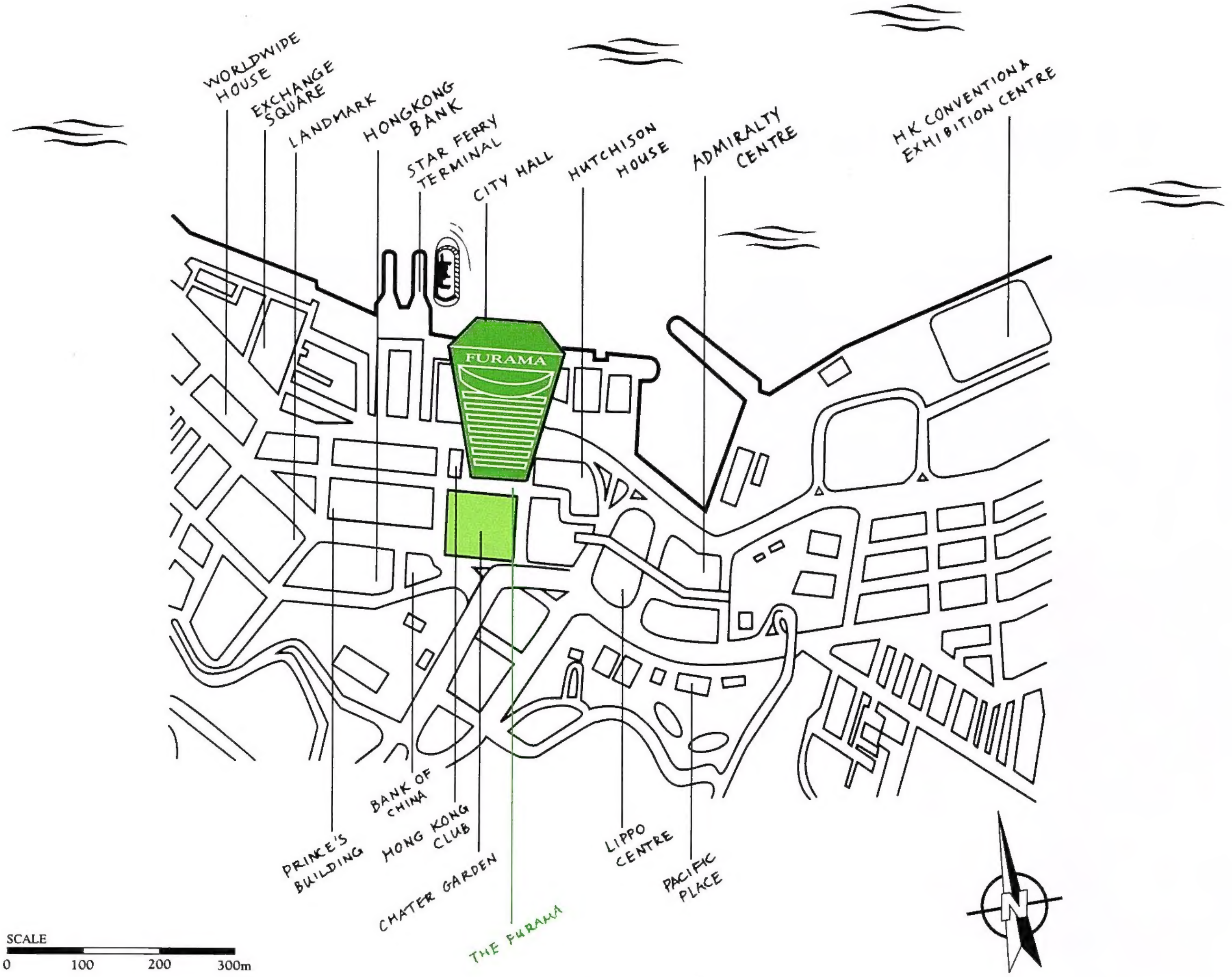
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EDITORIAL

Climbing to the Roof of the World!

There is no other place like Tibet, so close to the heavens. It took Nature a mere 2-3 million years to raise this plateau from the sea bed up to the lofty heights of over 4,000 metres above sea level. Tranquil, celestial and mysterious Tibet is to some people a kind of Shangri-La. But whatever draws people here, be it spiritual enlightenment or adventure, there is no doubt that this is a thought provoking wonderland and everyone who visits her leaves with many moving memories. The breathtaking scenery of Mount Qomolangma, the Yarlung Zangbo River and Potala Palace, and the simple life and folklore of the Tibetan people make this an enchanting place.

In this issue we feature the adventure of a group of four intrepid travellers who took on a sometimes perilous pilgrimage to "the roof of the World". We experience with them the diverse, mystical landscapes, share their frustration in traversing collapsed and semi-primitive roads and enjoy their wonderment when arriving at sapphire coloured lakes and ageless glaciers. For 70 days, we follow them over their 10,000-kilometre journey through a terrain of chanting lamas, billowing grasslands, inclement weather, bumpy roads and enticing wilderness. This journey is not for the faint-hearted, one needs a strong consitition to survive the thin air and mountain sickness, not to mention a reliable jeep!

So, let's see how their story unfolds....

From Mother Nature to Father Time we travel back through history to bring you our penultimate piece *Tracing the Ruins of the Three Kingdoms* where a goldfish bowl fortells the mighty strategist Zhuge Liang of an impending invasion....

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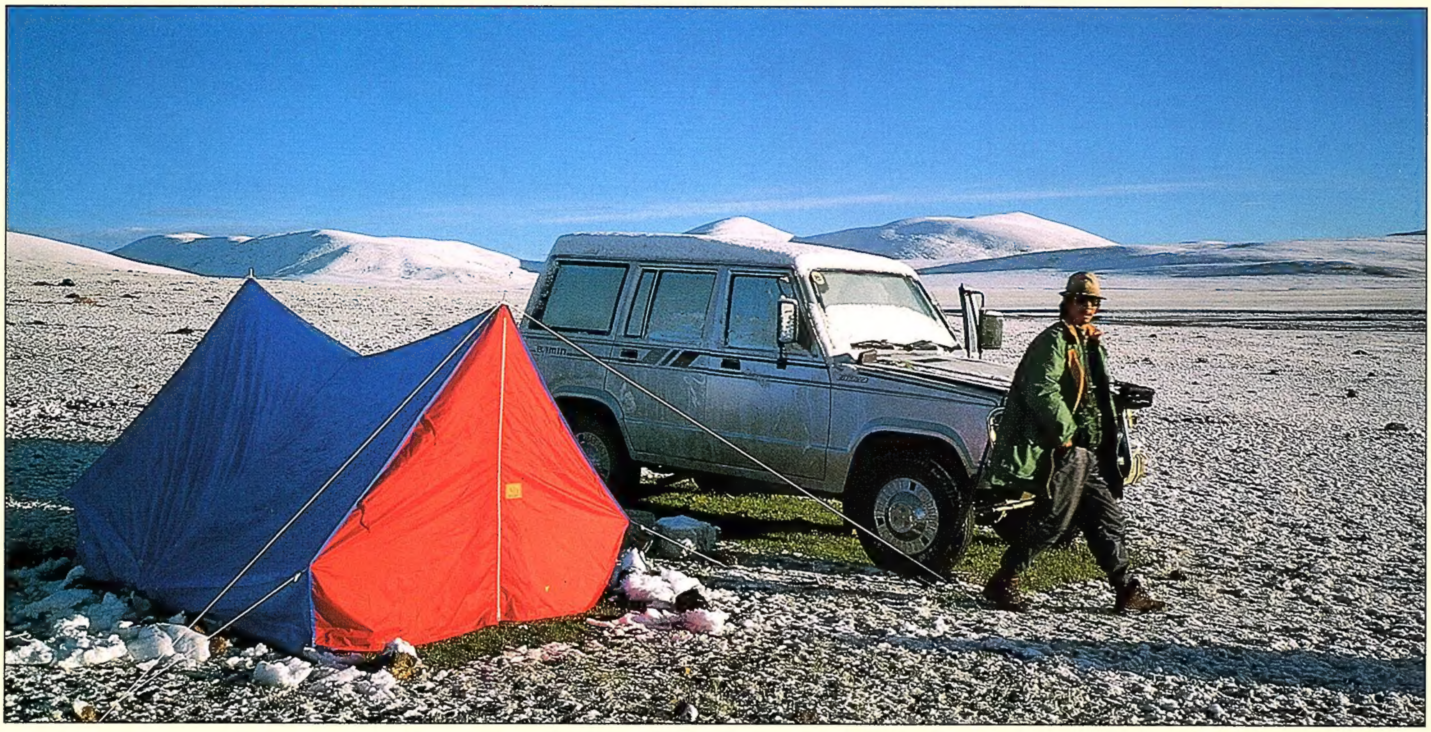

Tibet by Jeep

8

Photos & Article by Yang Yankang

Preparation is everything — this is a mamouth journey into the desolate landscape of Tibet which starts with a solemn prayer made to Buddha and a well-equipped Beijing Jeep. Thus our four roadsters are prepared both spiritually and practically for their wondrous adventure to the highest plateau in the world.

Amidst a climate where all four seasons can be compressed into one day and where the thin air can set the heart pounding and the lungs rasping, they drive their chariot steadfastly through landscapes where the jeep is King but the elements reign supreme.

INTERVIEW

Playwright in the Commercial World

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Photos by Chen Haiwen / Text by Yu Wei

Cheng Pulin, a successful playwright, author of *The Yellow Changed into Green*, and entrepreneur shares with us the trials and tribulations facing many artists ... finding money to fund plays, or to provide for a family or just live. Cheng's list of business interests is as impressive in its success as it is in its diversity. His commitment to his art has been the driving force for many years and perhaps with the aid of his family members, he has found the right balance between the two....

FOLK ARTS AND CRAFTS

Splendid Cloth Patchwork from Yanchuan

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Photos by Feng Shanyun / Text by Bao Xiu

In a sea of drab yellow shine the jewels of patchwork cloth lovingly and imaginatively created by the women villagers of northern Shaanxi. A sharp pair of scissors and an eye for design turn these handicrafts into a collectable artform.

TRACING THE PAST

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Photos by Wu Jialin / Article by Fan Jianhua

Our epic of The Romance of the Three Kingdoms unfold ... where civilized new towns replace barbarous lands and cave dwellings; where poisonous springs turn sweet; and where surrender turns to friendship. This episode takes us to the colourful patchwork of the "Sand Forest" in Luliang County and to "Zhuge Street" in the town of Qujing now transformed by the passing years.

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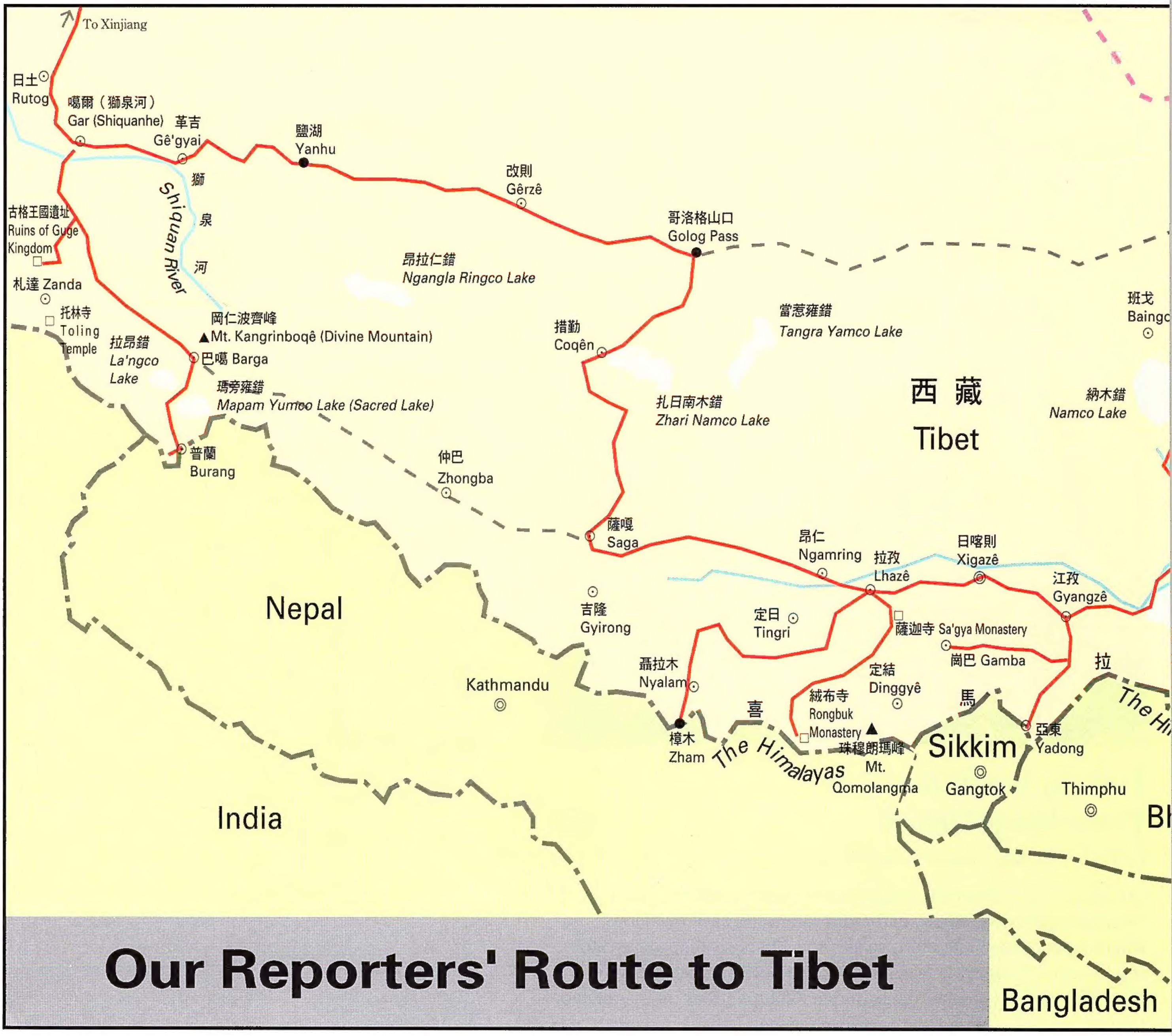
Loading in the Ngari wilderness at night. The next July mroning, a heavy snow covered the vast land.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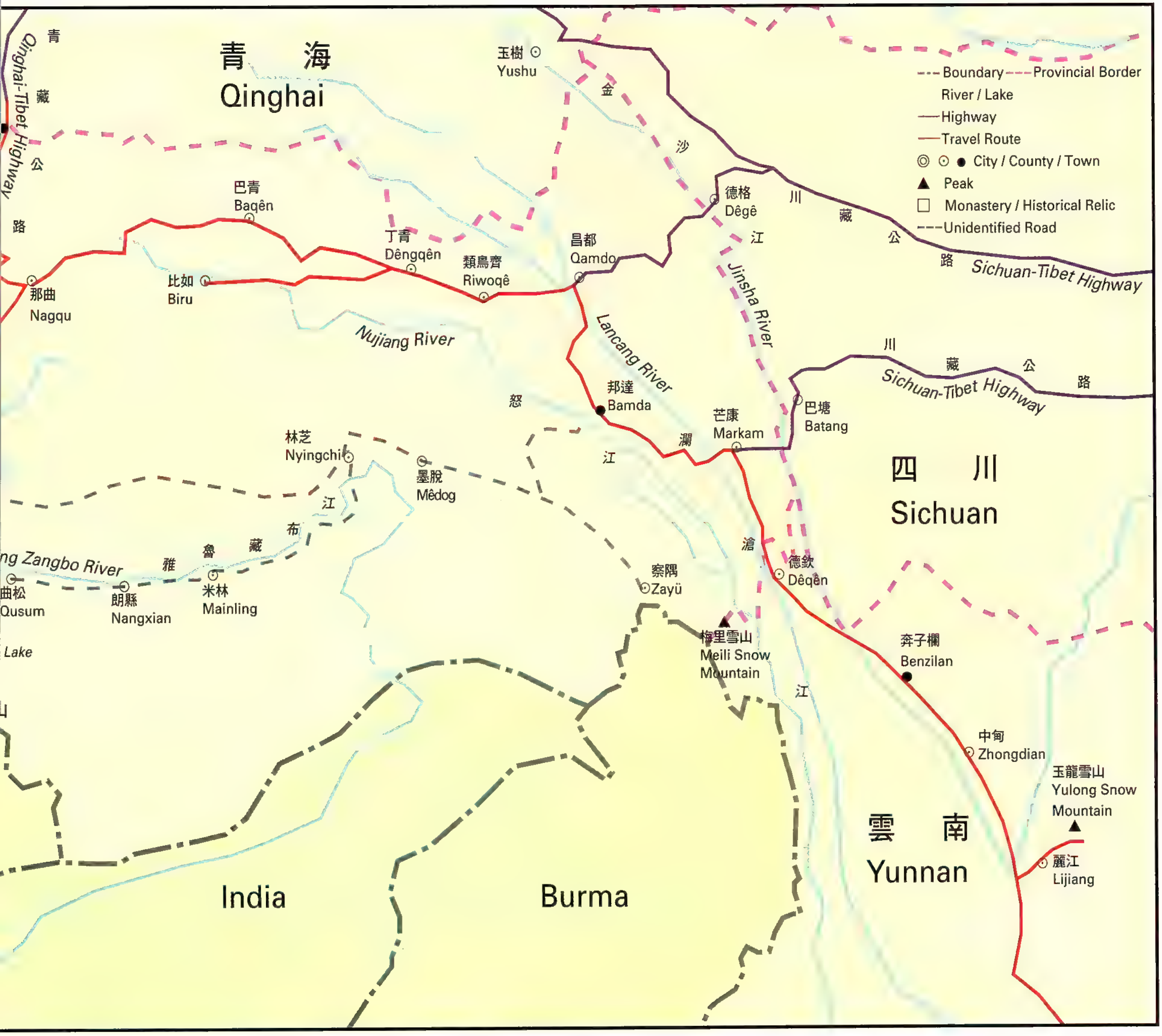
普蘭
Burang
昂拉仁錯
Ngangla Ringco Lake
措勤
Coqên
當惹雍錯
Tangra Yamco Lake
班戈
Baingo
扎日南木錯
Zhari Namco Lake
西 藏
Tibet
納木錯
Namco Lake
仲巴
Zhongba
薩嘎
Saga
昂仁
Ngamring
拉孜
Lhazê
日喀則
Xigazê
江孜
Gyangzê
吉隆
Gyirong
定日
Tingri
薩迦寺 Sa'gya Monastery
崗巴 Gamba
Nepal
Kathmandu
聶拉木
Nyalam
定結
Dinggyê
絨布寺
Rongbuk Monastery
拉
馬
喜
樟木
Zham
The Himalayas
珠穆朗瑪峰
Mt. Qomolangma
Sikkim
Gangtok
亞東
Yadong
Thimphu
The Hi
Bh
India
Bangladesh

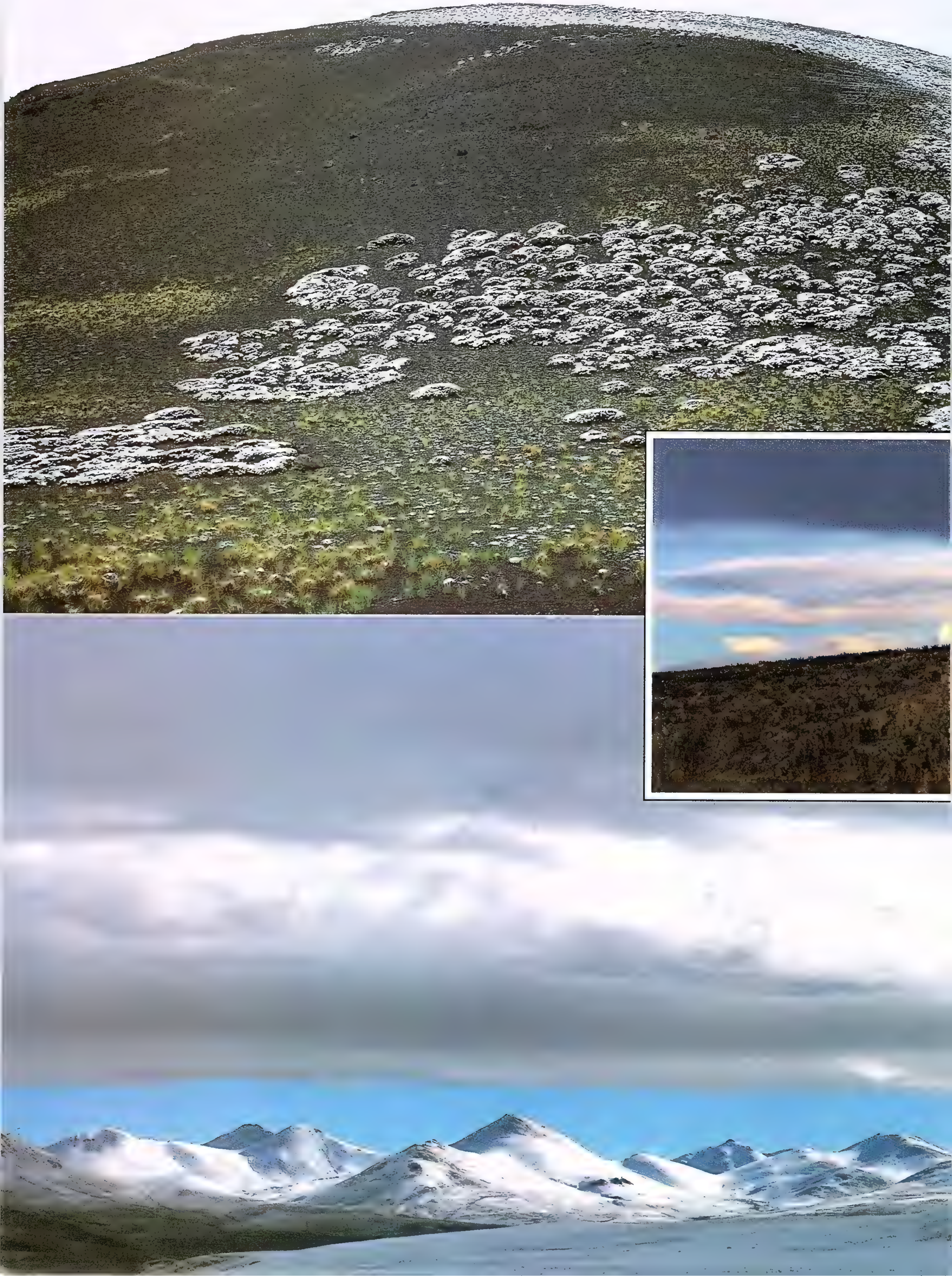
Our Reporters' Route to Tibet

Tibet by Jeep

PHOTOS & ARTICLE BY YANG YANKANG



Qinghai-Tibet Highway
青藏公路
青 海
Qinghai
玉樹 Yushu
金沙江
---Boundary ---Provincial Border
River / Lake
—Highway
—Travel Route
◎ ⊙ ● City / County / Town
▲ Peak
☐ Monastery / Historical Relic
---Unidentified Road
巴青 Baqên
丁青 Dêngqên
類烏齊 Riwoqê
昌都 Qamdo
德格 Dêgê
川藏公路
Sichuan-Tibet Highway
那曲 Nagqu
比如 Biru
Nujiang River
怒江
Jinsha River
Lancang River
邦達 Bamda
芒康 Markam
巴塘 Batang
四 川
Sichuan
瀾滄江
林芝 Nyingchi
墨脫 Mêdog
雅魯藏布江
ng Zangbo River
曲松 Qusum
朗縣 Nangxian
米林 Mainling
察隅 Zayü
德欽 Dêqên
梅里雪山 Meili Snow Mountain
奔子欄 Benzilan
中甸 Zhongdian
玉龍雪山 Yulong Snow Mountain
麗江 Lijiang
雲 南
Yunnan
Lake
India
Burma



The Hengduan Range · Qiangtang Plateau

The Meili Snow Mountain in Dêqên at 6,740 metres above sea level is perennially capped by snow.

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2

1. The Lancang River valley in the Hengduan Range
2. Crossing the red soils of Yunnan
3. Tibetan train of horses carrying goods crossing the Hengduan Range
4. A photo studio in Dêqên county town

After returning from the plateau, my mind is still vivid with images of Tibet. The enticing wilderness, fragrant Qiangtang Grassland, the mysterious beautiful Lake Namco, the Mount Qomolangma Lhasa and the solemn and stirring Guge Kingdom in Ngari, have al left many moving memories.

One day in July, at the shrine for worshipping Buddha in my smal house, I picked up the red cord that the Tulku of Sa'gya Monastery hac given me three years ago when I visited Tibet and solemnly hung i round my neck wishing Buddha to bless and protect me and my thre friends with a smooth and successful journey to the dangerous plateau

This was my third visit to Tibet. It was, however, my first time driving a Beijing jeep. We chose the Yunnan-Tibet route, and started of from Shenzhen at almost zero altitude for the Tibet Plateau which lie at an average altitude of over 4,000 metres above sea level.

The jeep was fully loaded with supplies and as petrol is the lifebloo of travelling by motor vehicles on the plateau, specially made fue tanks occupied almost one third of the space. We were fitted out as bes as possible.

Our jeep ran through Guangdong and entered Yunnan via Guangx where the road was very bumpy and winding, a tributary of the Rec River ran past quietly at the foot of the mountains The weather was very changeable: now it wa sunshine, now it rained hard.

After waking up from a sleep we found w were nearing the plateau. We prepared ourselve physically, psychologically and spiritually befor we entered Tibet. Except for myself, it was everyone's first trip to Tibet. Without a strong constitution and a great ability to adapt oneself to the situation, travel would be impossible at "the roof o the world".

By eleven at night our jeep reached Zhongdiar Tibetan Autonomous County in Dêqên Prefecture and we put up at the prefecture's guesthouse fo the night. The Tibetan-style small houses, th clothes the local people wore and the snow-capped mountains in the distance made us fee that we were already in Tibet. At the southern gat to Tibet Plateau, Dêqên is 3,200 metres above se level, we already began to feel the effects of altitude and shortage of oxygen. We stayed in Dêqên for two days in order to adapt ourselves to the altitude and climat change as quickly as possible. We replenished and checked our stock o supplies and did some necessary maintenance to the jeep for the difficult road ahead of us.

Approaching the Tibet Plateau

At dusk, herds of cattle and sheep returned slowly from the beautiful Zhongdian Grassland to the village. The tolling of bells was hearc from the Guihua Monastery hidden among mountains on the westerr side of the village, and the voices of lamas chanting scriptures driftec along with red evening clouds. The place was filled with the uniqueness of the plateau. Our jeep lost speed although its engine roarec loudly. "We are nearing Tibet!" I said silently to myself. "Tibet Plateau you are a sacred land filled with Buddhism, you have a kind of spirit, a kind of conception which supports and encourages every tourist stepping upon you! On this holy land, anyone can readily feel the mysterious, changeable atmosphere."

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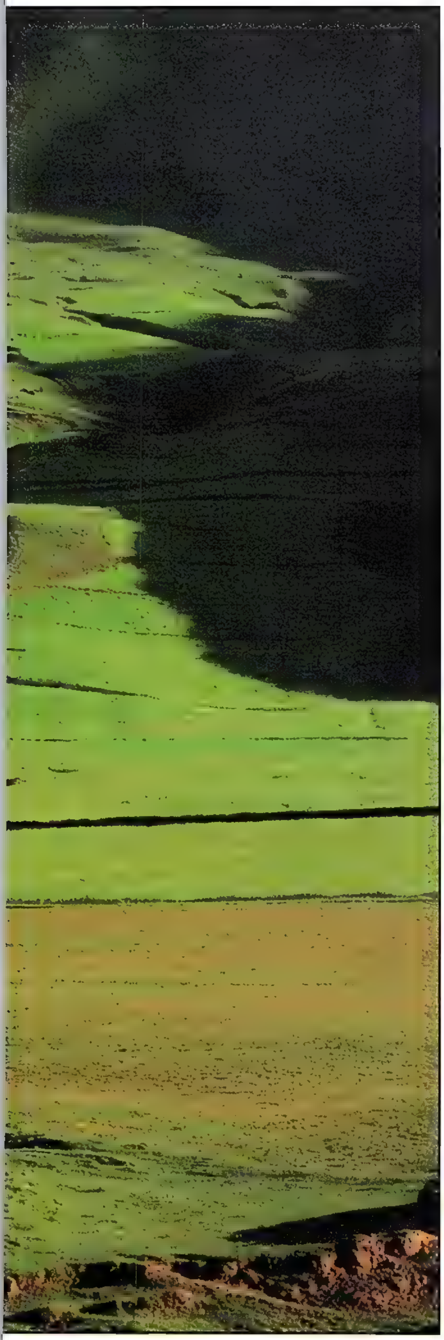
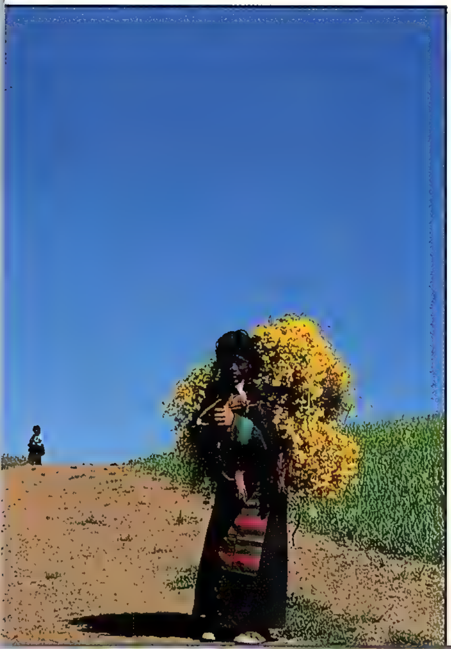
1. *Deep valleys overgrown with green* qingke *barley*
2. *Typical Yunnan Tibetan houses*
3. *Most of the Tibetans in Zhongdian live on farming.*

2





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It began to rain. The mountain road became very slippery and our jeep advanced cautiously along the Jinsha River. We had lunch in a small town called Benzilan. On the mountain road to Dêqên lay the 4,200-metre-high Baima Snow Mountain. About three o'clock that afternoon we got to the Fourth Maintenance Squad of Road 214 at the foot of the snow mountain, and we decided to go no further that day as the rain did not let up. Rain and mist covered up the mountain as well as the 30 young workers of the maintenance squad. We rigged up a tent on the grassland behind the maintenance squad's house.

The hospitable workers hastily sent food over to us, and Xiaohua of our group fetched a bottle of white wine from the jeep. We ate, drank and sang happily, but the rain kept pouring down. Moreover, I knew our makeshift tent would leak if it carried on raining, so we went to the maintenance squad's house and sang together with the young Tibetans around a fire till eleven o'clock....

Sure enough, the tent leaked. Jianping got up at three in the morning to shelter himself in the jeep, but Xiaoqing and Xiaohua lay soaked in water the whole night. This was our first camp in the open. We worried that if it continued to rain like this for several nights, we were bound to fall ill and no one could bear the thought of being ill while travelling on the plateau!

As morning mist unveiled the Baima Snow Mountain, we hurriedly set up our camera to take photos. But scarcely had we got ready when the mountain was shrouded in mist once again. We bid farewell to the young men of the maintenance squad and our jeep resumed along the mountain road.

When we reached the top of the 4,200-metre-high mountain, it began to snow. The whirling July snow greatly delighted us. I turned my face skyward to let snowflakes drift into my mouth, greedily swallowing up the white crystals granted by Nature.

Amidst clouds and mist, our jeep ran through snow mountains and green forests. From time to time we saw pieces of burnt, felled forests. Like raised fists, the black stumps seemed to be angrily denouncing the evil-doing of mankind. The destruction of the natural environment will eventually harm mankind itself in the end.

Finally we reached Dêqên, the first small town on the Tibet Plateau. Within one day we experienced all four seasons. What changeable weather the plateau had!

The Meili Snow Mountain

After driving for about 10 kilometres from Dêqên County, we came to the foot of the Meili Snow Mountain where 17 brave Chinese and Japanese mountaineers were buried. The mountain was shrouded in heavy mist. I went alone to the gravestone on which was inscribed:

"The beautiful peak and the great land quietly set off each other;
The noble and unsullied spirit remains among them for ever.
– The first brave challengers of the Meili Snow Mountain were buried here."

Please rest in peace, brave mountaineers! People will remember you for ever, whether you failed or succeeded. I raised my two hands before my chest and murmured in silence, my eyes gazing at the snow mountain shrouded in dense mist.

Ten minutes after we left the Meili Snow Mountain, an extraordinary thing happened – the dark clouds in the sky suddenly dispersed. We hurriedly drove back, quickly got out of the jeep and ran for the best position to take photos, completely regardless of the physical consequences of our intense movements at 4,000 metres above sea level.

Then our jeep ran westbound, along the rolling Lancang River. The Hengduan Range which runs from south to north made our Journey more difficult. Mud-rock flows threatened to come down any moment from the precipitous slopes. We all kept our eyes wide open and dared not to talk in loud voices, fearing that our sound waves might cause a disastrous collapse of the mountain rocks. The road was really dangerous.

When we came to a fault, we all got out of the jeep to walk on foot; only the driver Xiaohua remained in the jeep to force the vehicle through. In 1988 Xiaohua and Xiaoqing had spent a whole year driving around all parts of China, but it was the first time they had driven on such a dangerous road.

2

1. A family at the Dêngqên Pastureland

2. The horse race festival at Qiangtang Plateau is the largest annual get-together of nomadic Tibetans.

3. Tibetan girls washing horses in the swift currents of a mountain valley river.

4. A farmer's house in Bamda Village

5. A unique shrine in Bâqên

After we left the Lancang River and crossed over the 5,080-metre-high ongda Mountain Pass, the Yuqu River came into sight. If we say the ıncang River is like a robust man, then the Yuqu looks like a pretty young rl. It was like a white silk ribbon floating among mountains overgrown ith grain crops and green grass, where Tibetan women were happily nging while working in the barley fields.

Lodging at the Army Service Station

Bamda Army Service Station is located at the junction of the roads to yinchi and Qamdo. As landslides had blocked the road to Nyinchi, we ıd to take the Qamdo route.

On the vast green Bamda Grassland gathered many herdsmen who had ›me to attend a commodities fair. The tents they set up dotted the grassnd like gems on green silk and wisps of smoke from cooking rose conıuously against the blue sky.

Buddhist activities were in session at the village monastery. Tibetans me from far away to attend. After lamas blew religious horns, the Tulku ːgan to chant scriptures and pious villagers started to pray for a good ırvest of crops and a prosperous future. I went into the monastery and sat ›wn solemnly amidst Tibetans who sent forth a strong smell of butter and utton and wore peaceful expressions on their faces.

When we returned to the army service station, the soldiers welcomed us ith karaoke dancing – the only recreational activity of army service sta›ns at the plateau. Singing on the plateau at over 4,000 metres above sea vel where oxygen is thin was a real test to the abilities of a singer.

Our jeep advanced with great difficulty towards Qamdo. It can be said at the road on the Tibet Plateau is the most difficult one in the world. The ›ad you drove through the previous day would suddenly vanish overght after a heavy downpour of rain. “After travelling on this road, no her roads in the world can scare us,” someone joked.

However, we surmounted one mountain after another. After Qamdo, e drove on a "semi-primitive" road; even though it was clearly marked on ır map as a state road.

We camped on a grassland beside a forest dotted by wild purple flows, fetched water from a nearby river, gathered some firewood to make a ›nfire and then sat down around the fire to start eating our supper while gentle evening breeze comforted us. After supper we went to sleep in the nt.

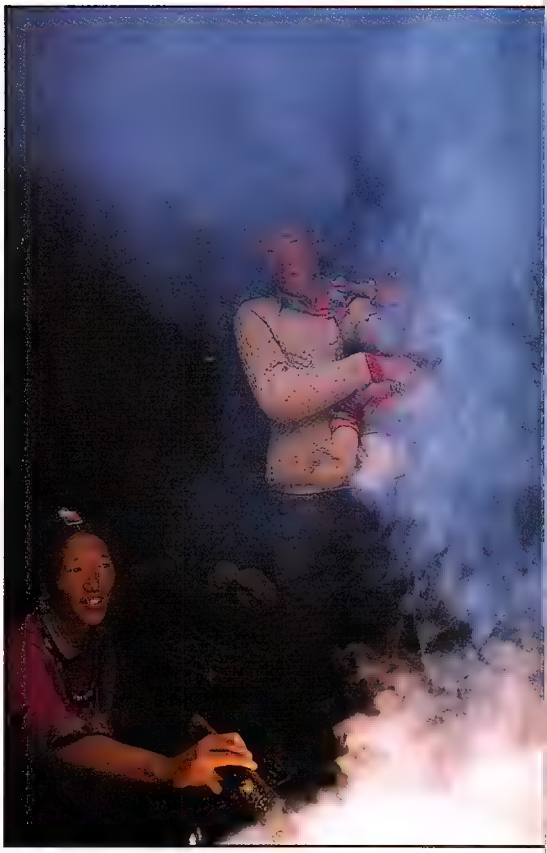
Around midnight, however, because my sleeping bag was too thin and wore too little, I shivered all over with cold. Desperate for warmth I queezed towards Xiaohua who slept beside me, and only then could I lie ılf-asleep and half-awake till dawn. After daybreak I went out of the tent, n a few rounds on the grassland and shouted a couple of times at the top my lungs.

A New Life on the Nagqu Grassland

On the road leading to the west after we passed Dêngqên County, we ıme across a Tibetan family of four who had kowtowed all the way from arzê Township to Lhasa. On the long road they kowtowed each step with ıeir bodies pacing the length of the way towards the Holy Land so as to tain spiritual baptism. It was said that in Sichuan, girls would not like to ıarry a young Tibetan man unless he had kowtowed all the way from his ometown to Lhasa.

A flock of wild doves flew past our jeep towards the sunny sky. Everyıing on this land, even a scriptural streamer or a piece of Mani stone carvıgs, possessed a great vitality.

The fragrance of the grass told us that we had reached the North Tibet rassland. Unfortunately, Jianping became more and more affected by altude sickness: the price to pay for travelling at the plateau.



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The grassland I visited three years ago had since become more vast. The Nagqu Grassland in northern Tibet had changed. Even herdsmen had begun herding by motorcycles. The boundless grassland was so green that you feel dizzy standing in it. Together with the extremely blue sky, it formed into two large pieces of colour, and the flocks of cattle and sheep looked like sheets of clouds. Standing in the grassland, you could not tell which was the sky and which was the earth. The colour of the plateau was the richest and purest under heaven! As the annual horse race festival was approaching, the grassland was permeated by an atmosphere of festivity, and herdsmen were busy making preparations for the commodities fair, business, match-making and traditional sporting games.

The Boundless Lake Namco

After leaving the Nagqu Grassland, we headed for Lake Namco in Damxung. The pearl of the plateau, Lake Namco is the second largest saltwater lake in China and has been known as "Fairy Lake". Legend has it that all lakes in Tibet are female and serve as the symbol of gentleness. All those who come to Nagqu Grassland pay homage to the lake.

It was less than 100 kilometres from Damxung to Lake Namco, but the road was very difficult to travel. Our jeep bumped along the hard rock road as if we were in a small boat on a stormy sea. At four o'clock in the afternoon we reached a mountain pass and saw the water of the lake which looked like a shiny sapphire. Rejoicing, we pushed into high gear and dashed forward. Although our jeep sped forward, Lake Namco always lay far ahead in the distance as if it were playing a game with us. Under the sunshine, a fantastic mirage appeared over the lake. Our jeep, like a runaway horse, ran around here and there, trying in vain to approach the lake.

Evening began to set in. Jianping told us that the water of Lake Namco was salty and we couldn't make the journey to the shore without fresh water. We felt sad at heart for not being able to go to the enticing lake straightaway, although we had already caught sight of it. With reluctance we drove back along the original road to the mountain and camped by a small stream to wait until tomorrow to see the lake.

We walked out of our tent at five the next morning. After we ate breakfast and cleaned the jeep, we set off to pay our respects to the Fairy Lake. Our jeep sped forward and after stopping to ask herdsmen for directions a few times, we finally reached the lake after driving for nearly two hours. I dashed out of the jeep towards the lakeside, knelt down on the shore and cupped some water in my hands to drink. As the sweet, cool, crystal-clear water ran down my throat, I exclaimed loudly: "The lake water is fresh and sweet!"

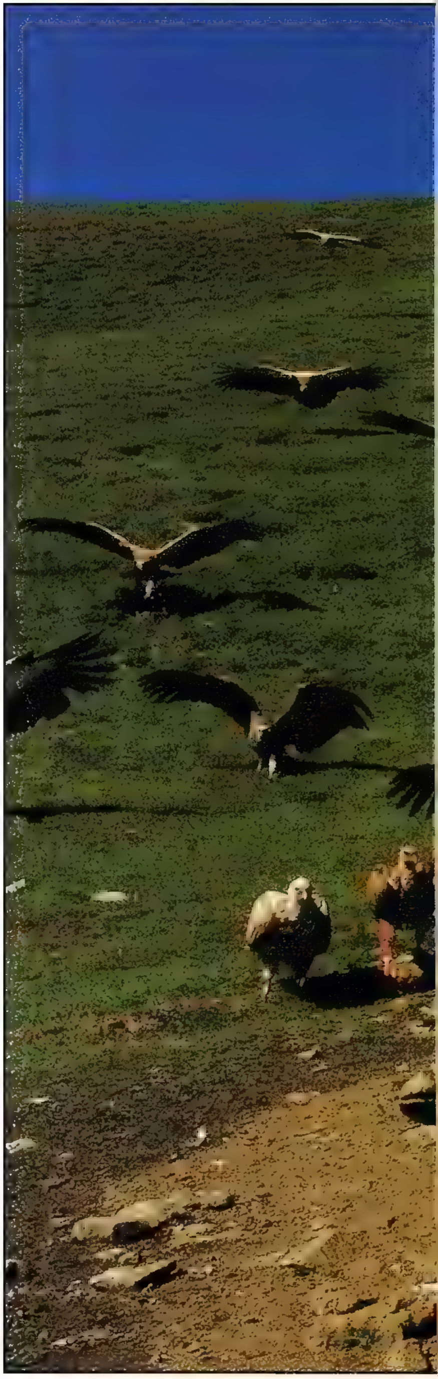
A Vow Forever with the Lake

Towards the Nyainqentangulha Range on the other side of the lake, I kowtowed three times. Then I closed my eyes and made a vow in silence. On the shore were piled up many "houses" stacked from stones by Buddhist believers who came to pay homage to the lake. Following their example, I also built a little "house" to let my pious heart remain for ever on the shore of Lake Namco.

To find the best position to take photos of Lake Namco, we had to get to the mountaintop. So, after we had some zanba and buttered tea in a hostel, a Tibetan boy called Tawa led our climb up the mountain. It was difficult enough climbing the plateau at over 4,500 metres above sea level empty-handed, let alone climbing with our heavy photographic equipment. We stopped to pant after every dozen steps and resumed climbing only after our breathing became even. Finally, when we reached the top of the mountain, we found the beautiful "fairy" Lake Namco directly at our feet. Facing the blue water of the lake and bathed in the sunshine, I sat down on the mountaintop to write my diary, drawing boundless spiritual strength from the lake on the plateau. Just then a flock of birds returning to their nests, cast beautiful dark shadows in the evening glow and we clicked our cameras nonstop.

It was almost midnight by the time we returned to our candle-lit room. I bid farewell to Lake Namco, said goodbye to the attendants of the hostel, and turned my head back for a final glance at "the little house" – the Mani pile I built at the lakeside, before I reluctantly got into the jeep.

Translated by Xiong Zhenru



1. Platform for celestial burial near Nagqu
2. North Tibet Grassland in summer
3. Namco – the seventh largest inland lake in China

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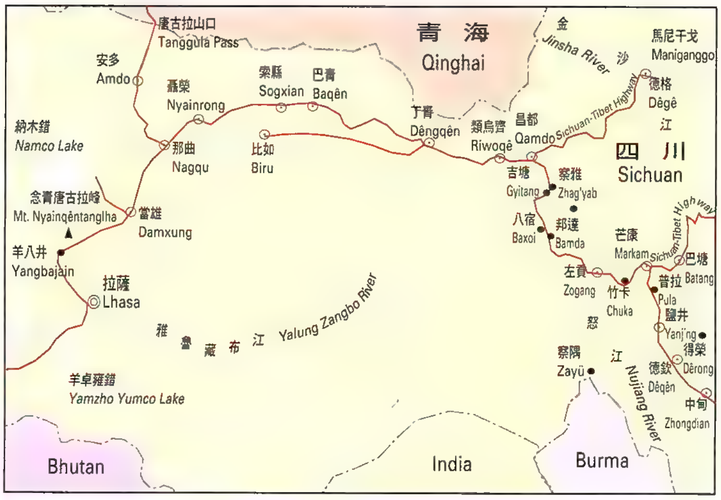

唐古拉山口
Tanggula Pass
青 海
Qinghai
金
Jinsha River
沙
馬尼干戈
Maniganggo
安多
Amdo
聶榮
Nyainrong
索縣
Sogxian
巴青
Baqên
丁青
Dêngqên
類烏齊
Riwoqê
昌都
Qamdo
Sichuan-Tibet Highway
德格
Dêgê
江
納木錯
Namco Lake
那曲
Nagqu
比如
Biru
四 川
Sichuan
吉塘
Gyitang
察雅
Zhag'yab
念青唐古拉峰
Mt. Nyainqêntanglha
當雄
Damxung
八宿
Baxoi
邦達
Bamda
芒康
Markam
Sichuan-Tibet Highway
巴塘
Batang
羊八井
Yangbajain
拉薩
Lhasa
左貢
Zogang
竹卡
Chuka
普拉
Pula
鹽井
Yanj'ng
雅 魯 藏 布 江 Yalung Zangbo River
怒
得榮
Dêrong
察隅
Zayü
江
德欽
Dêqên
Nujiang River
中甸
Zhongdian
羊卓雍錯
Yamzho Yumco Lake
Bhutan
India
Burma

Tips for Eastern Tibet Tour

PHOTOS BY YANG YANKANG

Transport and Tourist Routes

Eastern Tibet refers here to the area east of Lhasa, the capital of Tibet Autonomous Region, which includes the three major routes entering the region from Yunnan, Sichuan and Qinghai provinces.

1. Yunnan-Tibet Highway

Starting from Kunming, the capital of Yunnan Province, th highway to Tibet's capital Lhasa passes through Dali City, in Dali B Autonomous Prefecture, and Zhongdian and Dêqên, in Dêqên Tibeta Autonomous Prefecture, all within Yunnan Province. In addition exploring the customs and life styles of the Bai, Naxi, Tibetan and oth minorities en route, tourists can visit the ancient city of Dali and Erh Lake nearby, and experience the arduous and perilous journey alon the highway threading through meandering mountains in the south the zone of Qinghai-Tibet Plateau in northwestern Yunnan and th famous Hengduan mountains, crossing the dangerous Jinsha Rive twice. The peculiar landforms in this creates a magnificent natur scenery. There are looming peaks, vast grasslands, turbulent river boundless forests, as well as the snow mountains of Baimang, Taizi an Haba – named the three "precious tripods" by the local Tibetans – an Meili Snow Mountain on the border of Yunnan and Tibet.

The highway enters Tibet at Yanjing County and runs northward t Markam where it joins the Sichuan-Tibet Highway. The 1,200 kilometre-long road from Kunming to Markam has sectional bu services which serves particular sections along the route, and transpor vehicles for small numbers of passengers are also available. The journe takes five to eight days.

2. Sichuan-Tibet Highway

The 2,416-kilometre-long Sichuan-Tibet Highway from Chengdu the capital of Sichuan Province to Lhasa runs from east to west crossin 14 mountains at over 5,000 metres above sea level, including Erlang Chola and Sejila; as well as the rivers Jinsha, Nujiang and Lancang; an primitive forests, glaciers and shifting sands. Sectional buses ar available and the journey takes 10 to 15 days.

3

. *Strangely-shaped rocks standing by the Namco Lake*
. *Meili Snow Mountain seen along the Yunnan-Tibet Highway*
. *The Bamda Temple in Tibet*

After leaving Chengdu the highway goes westward via Ya'an, Luding and Kangding to Xinduqiao where it forks. The northern route leads to Dêgê via Dawu and Garzê before entering Tibet, and then continues to Lhasa via Jomda, Qamdo, Dêngqên, Baqên, Sogxian, Nagqu and Damxung. The southern route goes to Litang and Batang where the route enters Tibet and turns westward to Bamda Grassland via Markam. On the grassland the route branches again: one going north to Qamdo, the so-called entrance to Tibet, where it links the northern route; the other branch goes west to the Shannan area via Baxoi, Bomi, Bayi Village, Nyingchi, Gongbo'gyamda and Dagzê before arriving at Lhasa. Transport on this last branch has recently become scarce because of frequent landslides.

3. Qinghai-Tibet Highway

From Xining, the capital of Qinghai Province, to Lhasa, the 1,980-kilometre-long Qinghai-Tibet Highway built on the plateau at around 5,000 metres above sea level is one of the highest highways in the world.

Among the three routes to Tibet this route is comparatively safe and convenient with service stations providing food and accommodation along the way. The actual starting point is the city of Golmud in Qinghai's Qaidam Basin, with daily bus services and transport vehicles to Lhasa. The journey usually takes two to three days.

This route threads through Budongquan, crossing the Kunlun Range, Qumar River, Wudaoliang, then Tuotuo River (the source of the Yangtse) and then to the highest point of the highway – the Tanggula Pass at 5,267 metres above sea level before entering the grassland in northern Tibet and reaching Nagqu, the first station in northern Tibet. Nagqu is only 300 kilometres from Lhasa with a better section of highway for travelling.

However, along this route the tourist can only see a small part of eastern Tibet. For a more thorough visit you can go further east from Nagqu or Lhasa. Many tourists take the Qinghai-Tibet Highway to Tibet and after visiting the central, southern and western parts of the region, leave Tibet by the Sichuan-Tibet Highway.

Climatic Conditions

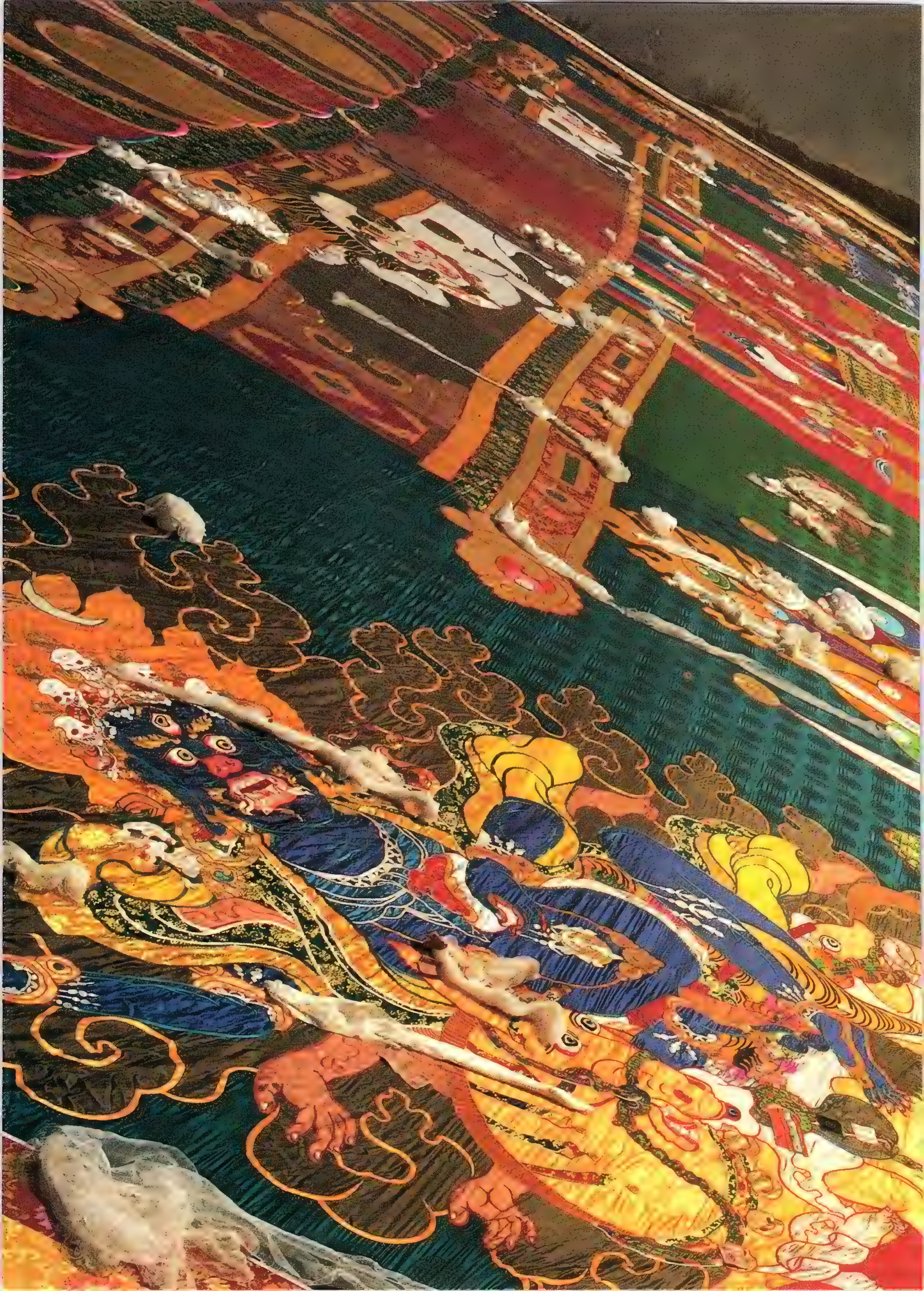
Vast in territory, Tibet features a changeable plateau climate. The average temperature in Lhasa is -5°C in January and 10°C in July. The warm tourist season in Tibet is from May to October, and the best time is between June and August. However, temperatures vary greatly between day and night. Down clothing, gloves, flannel hats and the like should be prepared for mornings and nights. Other necessities are a raincoat, flash light, sleeping bag and skin protection creams.

With a high altitude, thin air and harsh climate this region is a severe test to the tourist. Those who have a cold, high blood pressure, heart disease, cough or fever are not suitable for the tour.

Food and Accommodation

The standard of food and accommodation are low in this region. Tibetan food mainly includes butter, buttered tea, sugar tea, *qingke* barley wine, *zanba*, air-dried beef and mutton and yoghurt. The dishes supplied in the restaurants of the service stations and army stations are usually cabbage, pumpkin, dried vegetables and salted fermented beans. Even in town the dishes served in the guesthouses and restaurants are simple. More than often no food is supplied on the way. The tourist should have some solid food such as biscuits, glucose and dehydrated food prepared.

En route to Tibet it is possible to stay overnight on the bus or at some army stations or service stations. However, once in Tibet there are inexpensive hotels in each town, but facilities are often sparse. You are advised to bring sleeping bags and your own toiletries.



Lhasa · Mount Qomolangma · Xigazê

Sunning the Great Buddha at Xodoin Festival
(Drepung Monastery, Lhasa)

1

2

Our original plan was to go to Ngari District from Nagqu, the uninhabited area in northern Tibet, but the coming rainy season and lonely roads forced us to change our route. We chose to start from Lhasa to Xigazê and from there to Mount Qomolangma before entering Ngari. Travelling on the Tibet Plateau, you have to be prepared for constant changes to your route according to the atmosphere and natural conditions.

A Parting in Lhasa

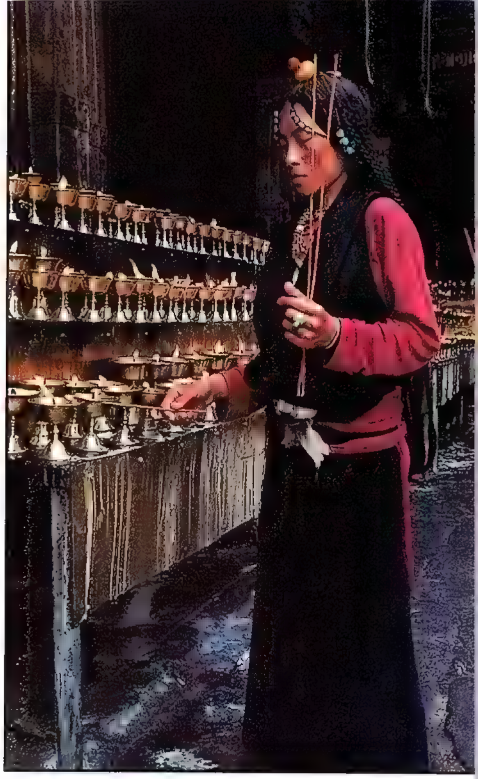
Driving along the Qinghai-Tibet Highway after entering Tibet, it was quite smooth and comfortable. I fell into a snug sleep.

We entered Lhasa's streets lined with shops and packed with people. The sacred Potala Palace ooked brilliant. We went to visit the Jokhang Monastery. At its gate, row upon row of pilgrims were performing long-kowtows, up and down like waves in the sea. No wonder some foreign visitors wanted to stay on even after they had spent their last US dollar and had to find jobs at local bars. Tibet is such an attraction.

The Bagor Street was fascinating. The stalls on both sides of the street were selling all kinds of curious Tibetan goods. I really wished I could buy a bagful of souvenirs to take home. Going clockwise along Bagor Street, I was immediately engulfed by waves of people who were praying with turning wheels.

Jianping was about to leave. He had an air ticket to return to Shenzhen. It was sad to part, but his mountain sickness prevented him from continuing.

This was my second time up Mount Qomolangma. The first thing anybody does after entering Tibet is to have a look at Mount Qomolangma – the Goddess of Beauty.



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Qomolangma, the Highest Mountain on Earth

I still clearly remember my second trip to Tibet when a few friends and I hired a car to view Mount Qomolangma, 8,848 metres high above sea level. We set off at eight in the morning, and after six hours drive we arrived at a spot about a dozen kilometres away from the Qomolangma area, when the frame of our car cracked. Our Tibetan driver did not want to go on, so we had to return to Lhasa.

At that time, I saw a foreign traveller in a mountain valley carrying a big bag on his shoulder walking with a stick. He had been hiking alone for four days imply with the aim of viewing Mount Qomolangma. I felt sad and ashamed, and wished that I could have caught up with him and accompany him on such a trek. Now we were back again with our jeep. It had been a whole month since we entered Tibet. We will have luck this time, I thought to myself.

After crossing a 4,800-metre-high mountain peak, we descended for quite a while. We knew that we were close to the Himalayas. We passed the Rongbuk Monastery and soon our jeep arrived at the campsite of Mount Qomolangma at n elevation of 5,200 metres above sea level. There were a few red tents, and onstruction workers from Sichuan were building the Qomolangma Hotel. Some of them came over to meet us since very few people would climb up to his piece of wild land.

An old Tibetan gave us a few sea snail fossils which he collected on a mounain nearby. This proved that in ancient times the Himalayas formed part of a vast sea. From sea to highest mountain in the world, there must have been some great fissions and extrusions.

When we got to the campsite, we did not have the slightest mountain reacion. It seemed that we had fully adapted to the conditions.

4

A Sky Low Enough to Touch

We came out of our tent at six twenty in the morning when it was just dawn and the full moon was still hanging in the western sky. Mount Qomolangma looked extremely beautiful in the morning mist. We mounted our cameras and hose a shooting angle, waiting for the first sun ray on the Goddess of Beauty. At seven ten, the mountain began to turn red, but it was not the best time to squeeze the shutter yet. Unexpectedly, dark clouds floated from nowhere and blocked the face of the Goddess of Beauty. If only the clouds would have come a few minutes later! We had to collect our equipment, carrying our tripods to move closer to the mountain. After crossing rivers and waterways one after another, we inally arrived at a spot 6,000 metres above sea level. The snow-white glacier made my eyes dizzy. t seemed that my hand could almost touch the sky. The clouds dispersed, and the Goddess of Beauty suddenly appeared before our eyes, magnificent and spotless. We watched Mount Qomolangma quietly, and the sun warmed my whole body. We were all very excited.

At sunset, all the foreigners of a mountaineering team returned to the campsite. The 44-year-old British captain was full of vitality, and from the burns on his face we could tell that he must have been to a height of 8,200 metres. He had tried his best, but he could not reach the summit at 8,848 metres after a month in the area.

1. The Xodoin Festival is the largest festival in Tibet (Drepung Monastery, Lhasa).
2. Counting the donations, a daily lesson for little lamas (by Yang Chubin)
3. Numerous butter lamps burning in Jokhang Monastery
4. A little actor of a mask dance ready for the performance at the Xodoin Festival

1

Our tents were pulled down and folded. I walked down from the Qomolangma campsite reluctantly, a moment I would never forget in my life.

Zham Port, as Pretty as South China

On our way we visited Zham Port, a place as beautiful as that in South China. This was the only port i Tibet opened to the outside world.

Flags of China and Nepal were flying at each end of the Friendship Bridge. Nepalese merchants an pedlars were coming and going along the bridge. I did not like Zham so much simply because it resemble South China. However, I liked the Zham people and the Xaba people for their honesty and reliable character

Along the streets in Zham were row upon row of houses both for residence and as shops selling good from Nepal and India. We entered a Nepalese restaurant and tasted the food. At night we lodged at an inn o the Zham Transportation Station.

Our jeep ascended about 2,000 metres along the mountain road. The terrain on the plateau rose up an down with many changes as we returned to Back Tibet, the Xigazê region.

At ten in the evening, we arrived at Sa'gya Monastery, 300 kilometres from Zham Port. It was raining an the road was very slippery but our China-made jeep did not fail us.

Sa'gya Monastery, the third largest temple in Tibet, belongs to the Flowery Sect of the four sects of Tibeta Buddhism. All pilgrims to Tibet visit this monastery. The houses in Sa'gya were different from others, sinc their walls were dyed grey, white and red. The Sa'gya River flows past the village separating the templ from the village. A lama called Sangbu gave me a painting he had done of Sakyamuni, the founder of Buddhism and an amulet to wish us luck to complete our journey in Tibet safely.

2

1. A herdsman at the foot of a snow mountain
2. Mother and son panning for gold by the lake of Yamzho Yumco
3. Pelcho Monastery of Gyangzê built high on the mountaintop
4. The campsite of the mountaineering team at the foot of Mount Qomolangma

Yadong, the Highest Border Post in China

After passing Xigazê, we reached Yadong. Yadong County looked very muc like Zham Port except it had vast expanses of grassland. Primitive and semi-primitive forests cover the border areas between China, Sikkim and Bhutan, and th clear Yadong River serves as a border river. It is rumoured that Yadong woul become the second port open to the outside world. As a result, the small count town was packed with people from inland provinces seeking to make their fortune. Shops, restaurants and even karaoke song and dance halls lined both sides o the street, making people forget that they were on the Tibet Plateau.

What I will never forget in Yadong are the border posts and the soldiers there

It happened to be August 1st Army Day. Our friends in the county town took u to the mountain summit of Naiduila at an elevation of 4,800 metres, believed to b the highest border post in China.

We came to the international postal kiosk and the border mark erected by th neighbouring country. The long wire entanglement inexorably marked the borde which was full of wild yellow blossoms. About 10 metres away was a fortress c Sikkim, and the Sikkimese guards waved to us courteously. The soldiers of bot countries, living closely together, were on friendly terms no matter what was happening in the rest of the world. Today you give me a bag of Indian cocoa powde and tomorrow I return to you a pack of Chinese cigarettes.

With one step forward, you are in another country: a curiosity for some tourists

The living conditions of the soldiers at the border posts were very bad. The drank snow water in winter and rainwater in summer. Soldiers living there for few years were all sun-burnt with their skin having peeled off several times. W chatted with the soldiers, played basketball with them and tasted their food, experiencing army life on the highest border post in the world. I took photos for all th 100-odd soldiers in the company. Perhaps some of them had never had a phot taken at the border in all the years they had lived there.

On our way to Gamba, our jeep got stuck in mud for six hours, our firs time.

Pelcho Monastery in Gyangzê is known as the second Potala. The Kumbum Stupa in the monastery, buil for the first Dalai Lama in 1418, is 32 metres high with nine storeys. It has 108 doors and 77 Buddhist rooms and is painted with thousands of Buddhist images. The murals in the monastery are different from that i Guge of Ngari in style. I did not expect that the lama looking after the Buddhist stupa would allow me to tak photos of the murals but I could not afford to miss the chance, so when I returned to my hostel it was alread one thirty in the afternoon.

There were many newcomers from the inland, including painters, novelists and travellers. All were excited exchanging their experiences in Tibet's mysterious land.

After late lunch, we drove our jeep to Yamzho Yumco Lake. When we passed a glacier, Xiaoqing an Xiaohua were impressed and wanted to have a look. I sat alone at the foot of the mountain writing my diar In front, there were snow-white glaciers and murmuring streams from melting snow. A group of herdsmen's children surrounded me asking for gifts. Herdsmen on the glacier grassland had great vitality, an from each tent a few children appeared. Children at an early age begin to herd sheep and collect firewood o their way back home. The children in the pastoral area were so close to the sky, and yet so isolated from othe people.

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श्री भगवान
बुद्धकी जय
TATA
SPEED
40K.M.
स्वागतम्

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My two friends did not come back from the glacier until seven in the evening. The glaciers in ıe setting sun, the herdsmen families under the glaciers, milking yaks and sheep shearing formed wonderful oil-painting of life on the plateau.

Our jeep rolled on and reached Nagarzê County. An army service station was on the bank of 'amzho Yumco Lake and we stayed there overnight. The next morning we set off to take photos of ıe lake. Yamzho Yumco, however, was not as beautiful and attractive as Namco since it was very lose to the villages. People can create beautiful scenery, but also can destroy the natural beauty.

After our trip, we returned to Lhasa one day before the Tibetan Xodoin Festival.

3

Celebrating the Xodoin Festival

The annual Xodoin Festival is a traditional festival celebrated only by the Tibetans, when Lhasa colourfully decorated. It happened that the Potala Palace had completed its renovation, and a ırge painting of the Great Buddha would be shown for the first time in 30 years. Here we again ncountered good luck.

At the site of the opening ceremony for the festival, sturdy-looking folk artists danced with a rong and distinct rhythm. A dance troupe from the grassland gave free performances that audi- nces from the big cities would have rarely seen. They sang for the harvest, danced and wore ıysterious religious masks.

Sunning the Great Buddha in Drepung Monastery was one of the important items in the odoin Festival.

At four in the morning, we climbed over the closed gate of our hostel out onto the street, where e got on board a rattling van heading for Drepung Monastery. Getting off at the entrance, we felt ur way in darkness towards the monastery. With stars still twinkling in the dark sky, we could nly see shadows passing and hear the quick footsteps of sleepless pilgrims. The painting of Great uddha would be hung on the mountain at sunrise. Tibetans from afar came early, waiting quietly ır the occasion.

Day broke. Lamas blew loudly on religious ıusical instruments in the Great Sutra Hall. A w dozen lamas, holding incense in their hands ned up in a queue and passed the burning holy re, heading for the Sunning Buddha Platform in ıe mountain.

The sun rose, lamas pulled open the cloth cov- ing the platform. A painting of a solemn and nd-looking Buddha appeared in front of 10,000 eople. Hails and cheers sounded in the valley, ıd numerous pure white hatas (a piece of silk sed as a greeting gift among the Tibetan and longolian nationalities) were thrown to the reat Buddha. Pious believers touched the Bud- ıa with their heads and hands, wishing the Bud- ıa to bring them good luck. Incense burning, eople hailing, dust rolling up, the whole atmos- here was bubbling.

Another Sunning the Great Buddha at the otala Palace gave off another roar in the distance. elievers, moving clockwise around the Potala alace like surging waves, were building a holy blet with their body and soul.

4

Foreign Wedding Ceremony on the Plateau

We entered Xigazê for the third time. Saying farewell to our warm-hearted friends, we prom- ed each other to meet again next year. Our jeep headed in the direction of Ngari.

About a dozen kilometres outside of Xigazê, we saw many people standing on a mountaintop here there was a monastery. We changed direction and drove towards the monastery.

A group of Western tourists were gathering on the Buddhist platform, singing and dancing ıeerfully. A foreign couple were having their wedding ceremony presided by a Tulku. Crowds of ibetans stood around the foreigners, watching them embracing and kissing each other.

Carrying my heavy camera bag, I pushed my way into the crowds. I then put my bag at the side the Buddhist platform, and used a camera to catch wonderful shots of the wedding. After the eremony, the crowds swamped up onto the platform to ask the Tulku to touch their heads. Only ıen I remembered my camera bag, but could not find it at all. I was thrown in a panic: two Leica ımeras and all the money were in the bag. The Buddhist activity was over, and the Tibetans all cattered. I was mad, running downhill after the first car which drove away. Disappointedly, I 'alked back. Two Tibetan boys asked me whether I was looking for a bag and pointed: I saw a ibetan woman standing with my camera bag. She was waiting for its owner to return.

ranslated by M.Q.

1. A big Nepalese truck at Zham Port
2. Zham Town on the border
3. A Tibetan style house in Zham
4. The Sino-Sikkimese border mark erected at the entrance of Naiduila Mountain Pass in Yadong

1. A Foreign "lama" in a street of Xigazê
2. An old artisan making a bronze Buddha image
3. Foreign believers are also interested in the mysterious Lamaism (by Yang Chubin).
4. A Western couple holding their wedding ceremony near Xigazê
5. Tashilunbu Monastery in Xigazê

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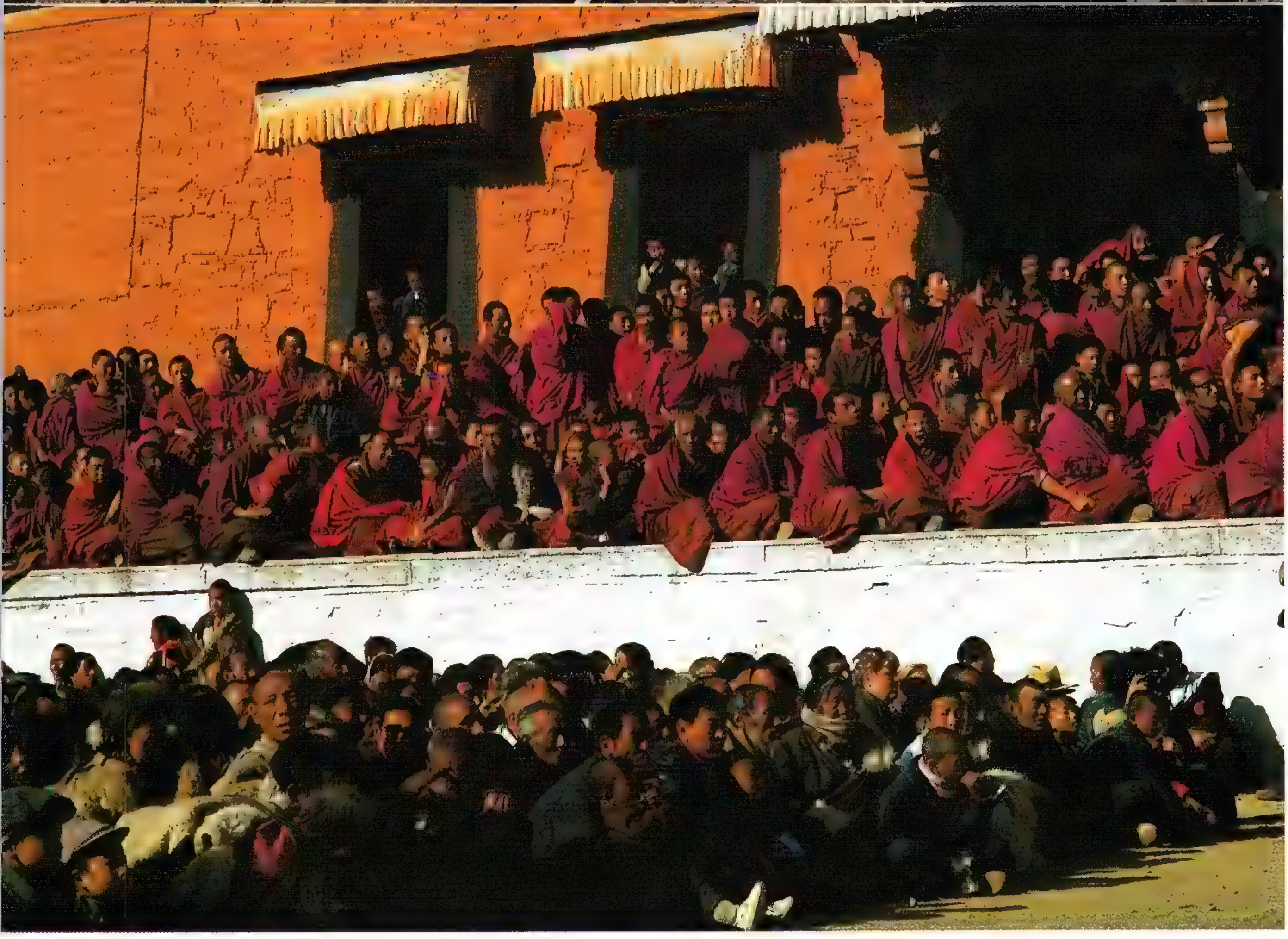

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Tips for Central Tibet Tour

PHOTOS BY YANG YANKANG

With Lhasa as the centre, the central Tibetan area is a common stopping place for visitors to Tibet. Here you can find convenient transport, better food and accommodation as well as a concentration of tourist attractions. Both package tours and travelling with companions are feasible.

There are four routes for touring this area:

Lhasa City

Lhasa, the focus of the Tibet tour, has many tourist attractions, the main ones being the Potala Palace, Jokhang and Ganden monasteries.

Potala Palace Located on the Red Hill in the city, this 1,30 year-old palace was built by the Tibetan king Songtsan Gamb for his marriage to Princess Wen Cheng. It is 13 storeys in heig with 999 halls and chambers, in which statues, spirit stupa Buddhist scriptures and many other historic treasures a preserved.

Jokhang Monastery Built in the seventh century, this temp enshrines the statues of Sakyamuni brought from Chang'a (present-day Xi'an) by Princess Wen Cheng, Songtsan Gamb Princess Tritsun and Princess Wen Cheng.

Ganden Monastery Located in Dagzê County east of Lhas this temple was built in 1409 by Tsong Khapa, the founder of th Gelugpa Sect, and is the first of the major temples of the Yellow Sec

Other tourist attractions in this area include Yaowar Mountain, Drepung Temple, Sera Temple, Lhasa River, Pag Street, Norbu Lingka, Cultural Palace, Celestial Burial Terrac and Longwangtan (Dragon King Pool) Park.

Southeastern Route – Zêtang, Nêdong, Qonggyai

Also known as Shannan, this historic district located on the we bank of the Yarlung Zangbo River 200 kilometres southeast Lhasa is the first community site of the Tibetan people. Wi Zêtang as its centre, you can explore Nêdong, Qonggyai, Zhanar and Nangxian. The main scenic spots include:

Monkey Cave Located on Mount Gongbo, this cave is connected to the mysterious story of the origin of the Tibetan peopl

Changzhug Temple Located in Nêdong County, the temple believed to be built by Princess Wen Cheng. Inside is a valuab portrait of Bodhisattva inlaid with pearls.

Samye Temple Located in the Samye area of Changzhu County, the temple is the cultivation site of the first group Tibetan Lamas, hence it is known as the ancestor of all the Tibeta temples.

Iausoleum of Tibetan Kings Located in Qonggyai County, the iost famous tombs are those of Songtsan Gambo, Tride Songtsan and 'usong Mangtsan. The Tibetans customarily adopt celestial burial, so iis mausoleum is an unusual sight.

Other tourist spots include the Divine Field – the first piece of land lled by the Tibetans; Yumbu Lakang – the first imperial palace; and 'ênwadazê Palace.

Southern Route – Gyangzê, Yadong

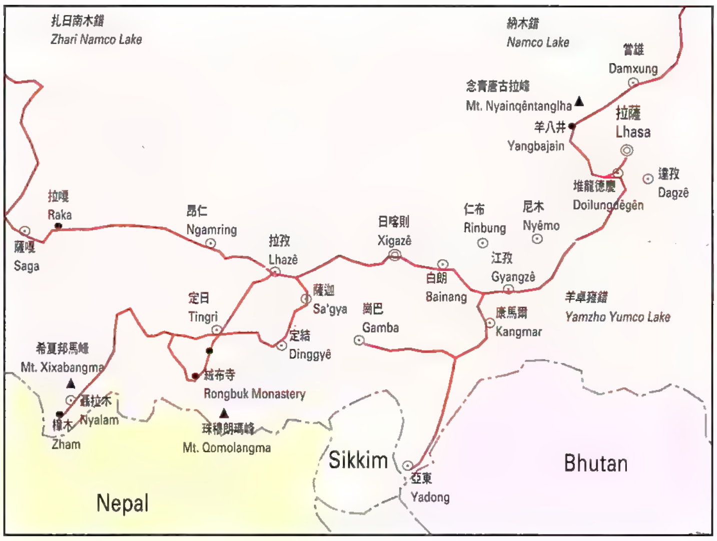
Gyangzê, a 600-year-old city is located on the Gyangzê Plain, 260 lometres south of Lhasa. Daily bus services are available between the vo cities. The main tourist attractions in this area are:

he Kumbum Stupa The Pelcho Monastery in Gyangzê is famous r its Kumbum Stupa, which is the crown of all the stupas in Tibet. oming 40 metres high with 11 storeys, it is divided into three parts: the ise, body and top. Inside the stupa, 108 doors and 77 chambers house irines; the Buddhist and sutra chanting halls are magnificent in structure, id the sculptures and murals numbering 100,000 are exquisite.

umzho Yumco Lake Located midway between Lhasa and yangzê, the lake is known as the Sacred Lake. The lakescape is scinating with the azure lake surrounded by snow-clad mountains. atural pasture serves as a habitat for wildlife around the lake.

Yadong is a border town 215 kilometres south of Gyangzê, djoining Bhutan and Sikkim. Visitors can experience different istoms and life styles of the people from the three countries.

1. The Potala Palace at night
2. At a foreign tourist wedding ceremony in Tibet
3. Atop the Jokhang Monastery in Lhasa
4. The mountaineers' base camp for the Qomolangma Peak near Rongbuk Monastery, 70 kilometres from Tingri


扎日南木錯
Zhari Namco Lake
納木錯
Namco Lake
當雄
Damxung
念青唐古拉峰
Mt. Nyainqêntanglha
羊八井
Yangbajain
拉薩
Lhasa
達孜
Dagzê
堆龍德慶
Doilungdêqên
拉嘎
Raka
薩嘎
Saga
昂仁
Ngamring
拉孜
Lhazê
日喀則
Xigazê
仁布
Rinbung
尼木
Nyêmo
江孜
Gyangzê
白朗
Bainang
薩迦
Sa'gya
崗巴
Gamba
康馬
Kangmar
羊卓雍錯
Yamzho Yumco Lake
定日
Tingri
定結
Dinggyê
希夏邦馬峰
Mt. Xixabangma
絨布寺
Rongbuk Monastery
聶拉木
Nyalam
樟木
Zham
珠穆朗瑪峰
Mt. Qomolangma
Sikkim
亞東
Yadong
Bhutan
Nepal

Southwestern Route – From Xigazê to Zham

Also known as Back Tibet this area boasts onvenient transport and more scenic spots than nywhere else in the region with the Qomolangma eak, the highest in the world, included. The major ties are Xigazê, Lhazê, Sa'gya, Tingri and Zham.

Xigazê, founded 500 years ago, is the second rgest city in Tibet. Situated 350 kilometres from hasa, it is the centre of administration, economy and ligion as well as the collecting and distributing entre of agricultural products of Back Tibet. Lhazê is n important hub of communication in Tibet with a ighway leading westward to Ngari District and hiquanhe to link up with the Xinjiang-Tibet lighway; southward via Zham to Kathmandu, the ipital of Nepal. Located 850 kilometres from Lhasa, ham is a famous border town which, as the land ort of entry for visitors from the south, has become iore and more hectic following the development of ade between China and Nepal. The main scenic spots i this region are:

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ashilunpo Monastery Standing at the foot of Niseri Hill in Xigazê, ie monastery built in 1447 is a noted lamasery of the Yellow Sect in ibet. With more than 3,000 chambers and halls the monastery has a uge collection of historical relics, including the 27-metre-high bronze uddha Amitabha, a rarity in the world.

a'gya Temple Renowned as the leading temple of the Sa'gya Sect, it ; situated astride the river in the city of Sa'gya. The North Temple was amaged, but the South Temple built in 1268 contains a large number of istorical relics, including over 10,000 books of Buddhist scripture, most f which are hand-written in gold or silver ink. The most valuable are iose written on pattra brought from India 1,500 years ago.

Qomolangma Peak It is an exciting moment when you view the 848-metre-high Qomolangma from the foot of the peak. Enthusiasts of iis tour can take a bus from Lhazê to Tingri and then hire a car to travel 0 kilometres to Rongbuk Monastery which acts as the base camp for iountaineering expeditions.

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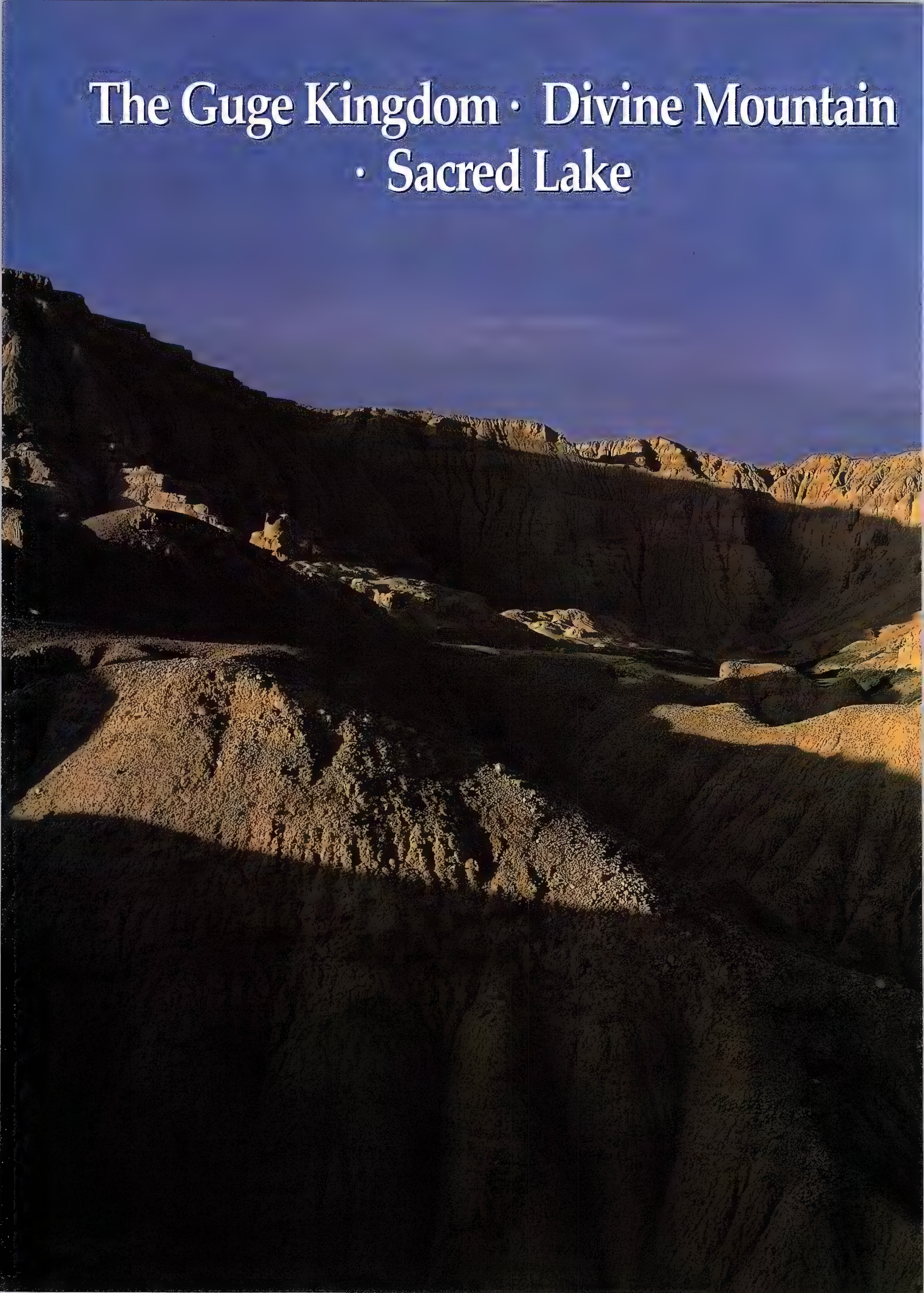
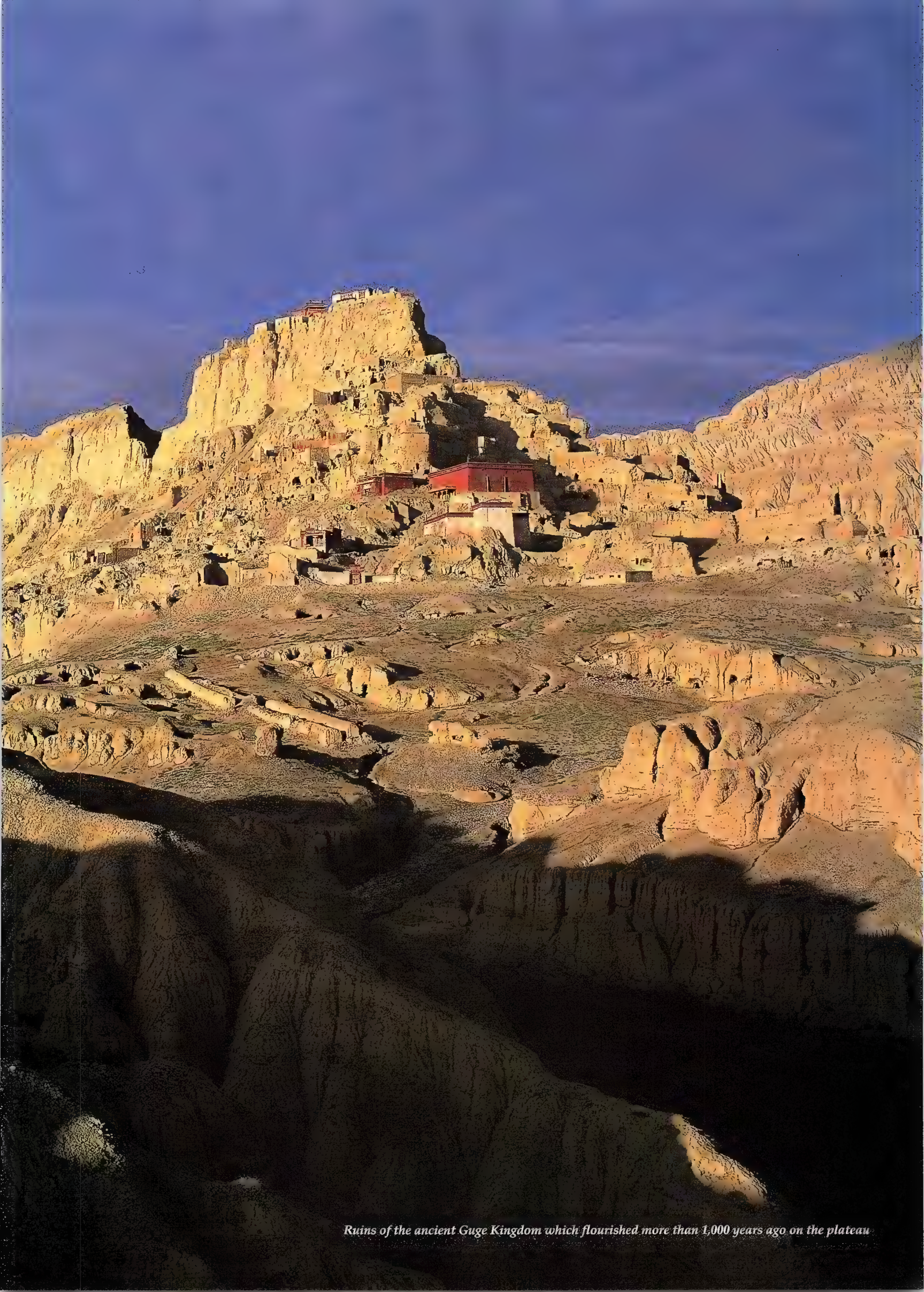
珠穆朗玛峰大本营
MT QOMOLANGMA
BASE CAMP
海拔5200米

The Guge Kingdom · Divine Mountain · Sacred Lake





Ruins of the ancient Guge Kingdom which flourished more than 1,000 years ago on the plateau

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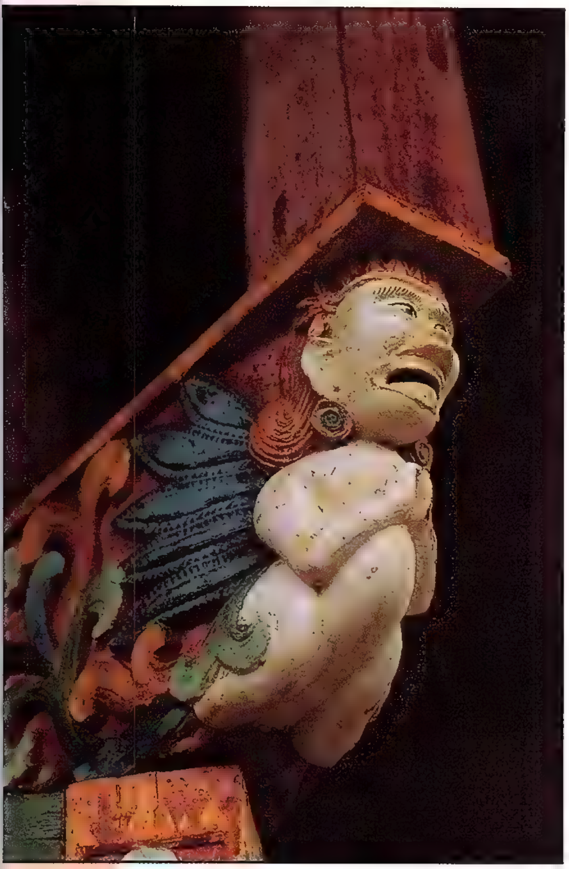

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After crossing the river at Lhazê the road became increasingly more difficult. As the highway had been damaged by rain, our jeep had to proceed along a riverbed at the speed of a mere 20 kilometres per hour. It was already 10:30 in the evening when we reached Sangsang Grassland. There was a large hostel there, but the three of us were the only guests staying that night. The hostel was illuminated with electricity from the hostel's generator. The lights went off as soon as I hurriedly finished writing my diary.

We got up at eight on Sunday morning and continued to head for Ngari. The rosy morning clouds foretold a cloudy day ahead. Later, the sun was indeed obscured by thick clouds and the road was still very difficult. As evening approached, it began to snow heavily and we were still more than 100 kilometres from the county town of Coqên. We had no choice but to pitch tent on a mountaintop.

We took turns to beat the tent to keep the snow from accumulating, knowing that the snow could bury us alive on the barren mountain 5,300 metres above sea level.

When we crawled out of the tent at daybreak, the world was adorned in pure white. The sun rose and the sky turned dark blue. The peaks of several snow-covered mountains in the distance, crimsoned by the morning sun, looked like magnificent pyramids. When we were ready to go, we found the door of the jeep was frozen. We had to give it a few hard kicks before it could be opened.

If You Have Not Been to Ngari, You Have Not Been in Tibet

After leaving Coqên, I tried hard to remember the road I travelled along three years ago. Tibet is so large and to travel only along the highways, three trips into this region are never enough to photograph all the beautiful scenery. Even 300 trips are not enough.

The drought last year had dried up many streams. After travelling several dozen kilometres, we found a depression on the grassland filled with rainwater. Getting off the jeep, we did everything we wanted to do with water and ate the potatoes we obtained the previous day before moving on. Although we had travelled for a whole day, we did not feel hungry at all. No one reached for the biscuits we carried. It was probably the excitement of the journey that made us forget about food. I remember this happened to me during my previous journeys to Ngari.

Some people say that if you have not been to Ngari District, you have not been in Tibet. I think this is true. The distance between Xigazê and Ngari is only 600-700 kilometres, but as the road was difficult to travel, it took us seven days.

Our next stop after Ngari District was Shiquanhe, a small town near to the western border of Tibet and close to Kashmir. The town had no ordinary residents; it was inhabited by government functionaries and small-time vendors. All daily necessities had to be shipped in from Xinjiang. It was probably the only area in China where there was no passenger transportation service, though the place is an attraction to many Chinese and foreign tourists.

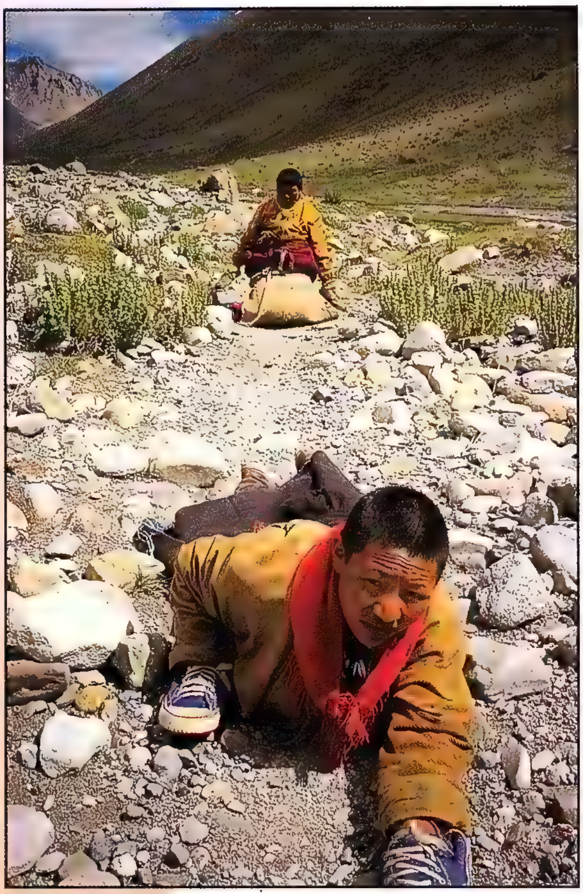
4

Travelling Through Tulin Gorge on a Moonlit Night

When I got up the following morning, I did not feel very well and was totally sapped of strength. But I did not want to miss visiting the palace of the ancient Kingdom of Guge in Zanda County. Guge is a must for every tourist in the Ngari District, so our jeep followed a road that led to the Burang Highway. I remembered that when I visited Zanda last time, we followed a different and far shorter route but it could not be found on the map. Perhaps it could only be used in winter. Our jeep entered a great gorge at a spot 130 kilometres from Shiquanhe. After manoeuvreing past the 5,800-metre Lhawuqi Pass, the jeep began to rumble along a testing stretch of road and broke down several times. It took us nearly four hours to repair the jeep. After climbing over the second big mountain, we intended to take a shortcut and drove into a gully at the end of which was a steep hill at a 45-degree gradient. This shortcut permitted vehicles only to come down but not go up the slope. Since we were already on the slope, we could not turn back. Xiaoqing and I therefore had to get off to help push the jeep up the slope! To do so on the plateau 5,800 metres above sea level where the air is thin required tremendous physical exertion. When the jeep reached the top of the slope, we both collapsed from exhaustion.

We drove into Tulin Gorge at eight o'clock in the evening. There was no road in the gorge. The jeep had to jolt its way forward to the bottom of the gorge formed by mudrock flow. Now and then the moon broke through the clouds and cast its shadow on the earthen cliffs and our jeep headlights managed to project many weird shapes on the cliff;

1. The boundless wasteland of Ngari
2. The head of this Buddhist statue has been lying in the dust for more than 1,000 years.
3. Architectural ornament in the ruins of the Guge Kingdom
4. Remains of an ancient temple



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a phenomenon similar to that found in the Grand Canyon, Arizona, in the United State Zanda has an annual rainfall of only 60-70 mm. Unweathered by rain, many spectacul natural sights have been preserved in Tulin Gorge.

It was already midnight when we reached the county town of Zanda. We stayed the hostel of the county's armed forces department and we each had a bowl of insta noodles before going to bed. As we were totally exhausted, we were asleep as soon our heads touched the pillows.

Early the following morning, despite aches in every joint, we drove to see the ruins the palace of the Guge Kingdom about 10 kilometres from the county town.

The Desolate Ruins of the Guge Kingdom

As I sat alone at the silent ruins of the palace of the Guge Kingdom facing Tul Gorge, in my imagination I felt the air stir with the movement of warriors and horses their thousands engaged in battle to the death.

The Guge Kingdom that reigned between the 10th and 16th centuries was establish by descendants of the Turpan Kingdom and the palace was its ruling centre. It was cor posed of 300-plus rooms and over 300 caves, three rows of stupas each more than metres high, as well as fortresses, defence works and tunnels, covering a total area of hectares. The glorious Guge Kingdom that had flourished for more than 600 years m its tragic end when it was invaded by the Lhadaks in the mid-17th century and the pa ace was destroyed.

On the way back to Zanda, I went alone to the ruins of the Toling Temple, where climbed into a damaged stupa and found a great number of Buddhist clay statuette known as caca. Each caca was impressed with the fingerprints of the donor who contri uted towards its making several centuries ago. I picked up several dozen to take back souvenirs to Shenzhen.

When we continued our journey from Zanda, we followed the course of a wide rive bed. Hardly had we covered a dozen kilometres when the jeep got stuck in mud. It to us almost two hours to free the jeep. When we resumed our journey we made a wro turn, and by six o'clock in the evening we were still circling around in an area only kilometres from Zanda County.

At a fork in the road, we discovered that the road forward was blocked by a row rocks, indicating that the road ahead had been damaged. Since a detour would mean 1 more kilometres, we decided to risk it, placing our hopes on the chance that although t damaged road might be out of bounds to a heavy truck, a small jeep could still use Every time we came to a collapsed section of the road surface, I got out and gave dire tions. As luck would have it, the jeep managed to move forward precipitously eve time.

At dusk we were attacked by a sudden hailstorm. It broke over a very wide ar because in every direction we took, we could not avoid it. Although grey clouds threa ened overhead, the setting sun on the horizon was not obscured and produced a spe tacular sight which we immediately captured on film.

As the sky gradually darkened, we continued to move slowly forward in the stor and finally decided to stop near another collapsed section of the road. We slept in t jeep. As the storm continued throughout the night it was freezing cold.

When daylight came, there were more collapsed sections in the highway. We foun that along the 128-kilometre mountain highway we were the only vehicle still on the g It was difficult to go forward but more difficult to turn back because the road surfa behind us was further damaged by rain and snow from the previous night. We had n choice but to drive on. It was indeed a great joy when we eventually caught sight of t military depot at the foot of the mountain after experiencing so many dangers and dif culties.

After several days of rain, the rivers and streams had risen considerably. When w moved on, we forded across rivers and along gullies and arrived at seven o'clock o evening at Moincêr, where we visited the Gyadabur Monastery. There were long sto slabs, known as Mani stones in the monastery, upon which the wishes of every pilgri were written down. The monastery enjoys considerable prestige among the pilgrin who travel to the Divine Mountain and Sacred Lake.

Meeting with Mishaps Twice

The following morning when we were 40 kilometres away from Moincer, our jeep g stuck in mud at the bottom of a river in waist-deep water. Xiaoqing and I got off ar pushed desperately, but the jeep simply refused to budge. If we could not get the jeep the opposite bank, the vehicle was in danger of being washed away when the sno melted in the afternoon sun. Two trucks happened to drive by. We shouted for the help, whereupon the drivers demanded 200 yuan.

3

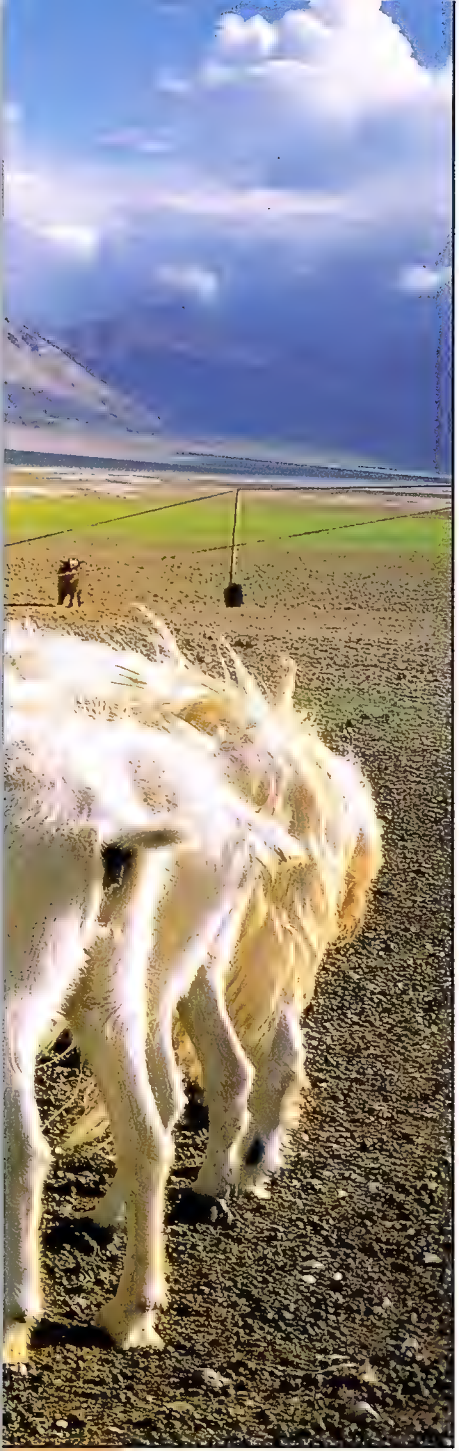
4

1. Religious ritual requires every Tibetan pilgrim to circle the Divine Mountain on foot while performing prostrations.
2. Mapam Yumco – the beautiful and tranquil Sacred Lake
3. Paying obeisance to the Divine Mountain – Kangrinboqê, the main peak of the Gangdisê Range
4. A geyser on the plateau

1

1. *Shepherds on the wasteland of Ngari*
2. *Nepalese vendors on the move through a gully*
3. *Decoration on a residential house in Burang*

2



Not long after the jeep was hauled out of the river, it got stuck in another river at the foot of the Divine Mountain. As water was pouring into the jeep, we hurriedly unloaded our photographic equipment and other non-waterproof things onto a shoal in the river and waited for a passing truck.

The truck drivers, aware of the danger of the river, had all made detours around the foot of the Divine Mountain in the distance. We shouted at the top of our voice for help but it was no use. Just as we decided to walk all the way to the army barracks near the Divine Mountain for help, a big postal van happened to pass by. At the risk of being stuck in the mud himself, the postal van driver hauled our jeep to the opposite bank.

Leaving the county town of Zanda after four days and four nights of hardship, we eventually arrived at the county town of Burang, a town of brisk Sino-Nepalese and Sino-Indian trade and where the beautiful Mabja Zangbo (Peacock River) flows through the town. Nepalese traders and their helpers live along the river, and the town's market was built from local rock. Koja is a frontier village lying closest to the border known for its temple. The villagers were probably working in the fields because we saw very few of them in the village. Some young lamas in the temple were carving lamps out of butter.

Mapam Yumco – The Sacred Lake

Mapam Yumco has four headwaters around it: the Horse Spring River in the east, Peacock River in the south, Elephant Spring River in the west and the Lion Spring River in the north. The rivers, named after four animals in the heavenly kingdom, are the headwaters of the Ganges, Indus, Sutlej and Yarlung Zangbo, South Asia's four famous rivers.

The Sacred Lake lies 4,588 metres above sea level and is 412 square kilometres in area; at its deepest the lake is 70 metres. It is said that the water in the lake can wash away "five evils", namely greediness, anger, stupidity, laziness and jealousy from the human heart. Pilgrims come to the lake all the year round to pay homage and bathe. They also take water from the lake to give to their relatives and friends.

When we drove to Xiazhilin Temple in Quguo on the southern shore of the Sacred Lake, we happened to meet Rimpoche Lhosang Sandan, the abbot of the temple, who had just returned from Lhasa after three years of convalescence.

The night was perfectly quiet and I slept soundly as if at the bottom of the Sacred Lake. At daybreak, we left the hostel to undress and enter the Sacred Lake. As I immersed myself in the water surrounded by the peaceful and picturesque natural scenery, I felt a restful serenity of mind I had never felt before. When the sun shone on the lake, it reflected a rainbow of colours. Our bodies seemed to have merged with the blue water of the lake.

Everything in the scripture hall of Xiazhilin Temple is arranged as in others. Rimpoche Sandan was sitting in meditation. The young and kind-hearted Tulku spoke fluent Han. He had lived in the temple for 13 years and was looking after more than a dozen lamas and aged people. He planned to build a home for the aged and a school on the shore of the Sacred Lake.

We stayed three or four days at the Sacred Lake, drank fresh goats milk delivered from the temple and ate mushrooms gathered by young lamas from the mountain. Together with Rimpoche Sandan, we planted cabbages and dug a ditch to divert melted snow from the mountain to water the grass at the lake side. The Tulku told us that it was the first time he saw visitors from the plains engaged in physical labour on the plateau. It was really unusual. Although I gasped for breath in the thin air, I tried to do everything I could for the Sacred Lake.

In Rimpoche Sandan's scripture hall, I lighted the butter lamps and filled 14 small bowls with sacred water, hoping the Buddhist lamps would burn for ever and the sacred water remain pure.

When it was time to say goodbye, Lhosang Sandan looked perfectly tranquil, probably because he had renounced all worldly emotions. I sat close to the window, waved goodbye to Rimpoche Sandan and the young lamas and kept my eyes riveted to them. The parting made me feel very sad. However, the Tulku had given me a Buddhist statuette and I am sure it will help me remember the Sacred Lake, Rimpoche Lhosang Sandan and Xiazhilin Temple for a long time to come.

Circling the Divine Mountain

The Kangrinboqê, or the Sacred Mountain, rises 6,714 metres above sea level. It is said that anyone who can walk in a circle around the mountain will have all their sins washed away. Ten circles will exempt him from being condemned to purgatory; a hundred circles will enable him to become a Buddha and ascend to heaven in this life; and a circle completed in the year of the Horse is as good as 13 circles in ordinary years.

We arrived during the season for circling the mountain, and the grass-covered slopes were dotted with white-roofed tents. I had completed a circle around the mountain during my second trip to Tibet.

The eternally snow-covered mountain peak looked like the lotus seat on which Buddha sits, sacred, solemn and beautiful. During the mountain-circling season, pilgrims from Sichuan, Qinghai and Tibet all come here to take part. Buddhist devotees abroad look upon the Sacred Mountain as the centre of Buddhism.

Since paying homage to the Sacred Mountain was the last item in our itinerary, we attached special value to it. Getting up at six in the morning, we joined the pilgrims and began to circle the Sacred Mountain on a 52-kilometre walk which usually takes two days. To undertake this long trek on the plateau, you have to be perfectly fit and carry your own food.

The trail around the mountain is located at about 5,000 metres above sea level. Since climbing the mountain requires enduring exertion, we had to do our best to preserve our strength. We paused to catch our breath every few dozen steps. When we were hungry, we would eat a few biscuits and drink the melted snow flowing down the mountain. When we reached the Daban summit it was an exhilarating experience to see the Buddhist pennants fluttering in the breeze. Carrying white *hata* scarves in our hands, we climbed to the wooden post planted in a rock, paid three obeisances to the Divine Mountain and tied the scarves to the post.

At four o'clock in the afternoon the following day, I was the first our group to complete the circle. I left the sunglasses I had been wearin for several years as a keepsake for the Divine Mountain.

Farewell to the Plateau

The plateau of northern Tibet, Mount Qomolangma, the ruins of th Guge Kingdom, the Divine Mountain and Sacred Lake are beautif memories preserved in my heart.

A friend once told me that he had travelled to many famous mou tains and great rivers but was never particularly enthralled by the Only Tibet left an unforgettable impression. I share the same feeling.

As we followed the Xinjiang-Tibet Highway back to the interior, tried hard to contain a feeling of sadness and wondered when I wou see the Buddhist pennants fluttering against the deep blue sky and sme

e rich smell of butter again. What unforgettable experience in a man's fe can be compared to a trip to the "roof of the world"?

Although I said goodbye to Tibet, the high plateau and every friend I et there, what I saw and experienced will remain deeply for ever in y mind.

Our journey across Tibet in a jeep lasted more than 70 days and cov- ed more than 10,000 kilometres. Our arrival at Jieshan Daban on the order between Tibet and Xinjiang marked the end of my third trip to Tibet.

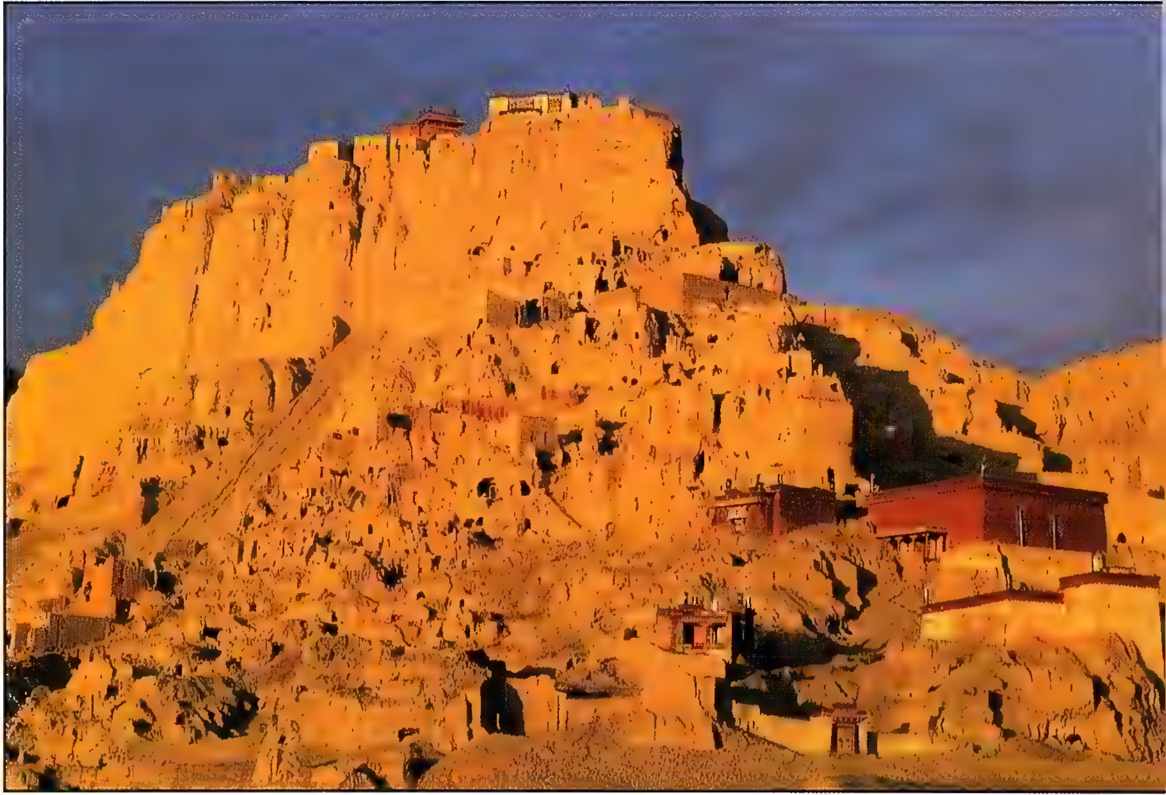
As we drove along the straight and smooth highway, we met a andicapped young man riding a bicycle. He was a worker from the aotou Instruments and Meters Factory in Inner Mongolia and was on a cycle trip from Xinjiang to Tibet, another person attracted by the en- anting Tibetan plateau.

anslated by Tang Bowen

This "bus" is the only means of transport in many out-of-the-way areas on the Tibet Plateau (by Yang Chubin).

1

1. The beautiful Sacred Lake – Mapam Yumco
2. Ruins of the Guge Kingdom
3. The Burang land port on the Sino-Nepalese border

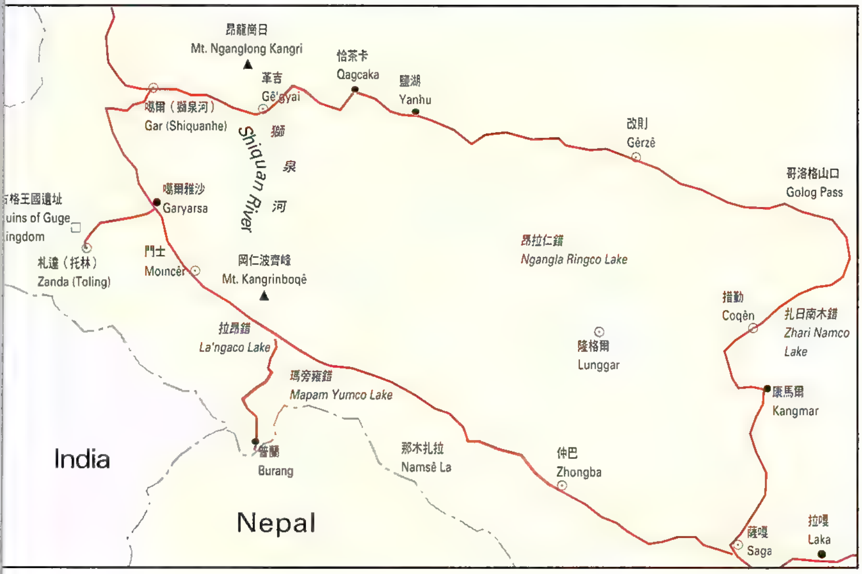


2

Tips for Ngari Tour

PHOTOS BY YANG YANKANG

The average altitude of Tibet is over 4,000 metres above sea level, ence it is called the ridge of the world. Moreover, the average height in he Ngari District in western Tibet is over 5,000 metres. Naturally the nvironment here is unique. Some vast stretches of land are ninhabited, giving one a feeling of desolate mystery. This district, 3.6 nillion square kilometres in area, consists of eight counties: Rutog, Gar, anda, Burang, Gêgyai, Gerzê, Lunggar and Coqên.



Transport

There are two routes to Ngari, one from Lhasa via Xigazê, the other rom Xinjiang's Yecheng via Shiquanhe. The linking of the two forms the Xinjiang-Tibet Highway, at the highest altitude of the four roads to Tibet, and is the only national highway without bus services in China. As a result, you have to cover the distance by truck or military vehicle. Contact the Ngari military office stationed in Yecheng or the Yecheng Car Transportation Station for the trip. The journey of 1,100 kilometres from Yecheng to Shiquanhe takes about five days. However, trucks usually go no further than Shiquanhe. The distance from Shiquanhe to Burang is 453 kilometres and the ride takes about two days; Shiquanhe to Lhasa is 1,742 kilometres and takes about one week. Tourists can stay over night at army stations and food should be prepared by yourself for the journey.

You can also take the road from Xigazê to Ngari, but there is no bus service. The only way to get there is to ride in a truck or hire a special car.

Sightseeing and Accommodation

Shiquanhe at 4,500 metres above sea level is the capital of Ngari District. Built in the 1960's, this new town boasts shops, restaurants, hostels and a government office building.

Located 280 kilometres south of Shiquanhe is the county town of Zanda, which has an army-run hostel for visitors. The famous historical site, the ruins of the Guge Kingdom, is 20 kilometres from town. About 18 hectares in area, the ancient city was mostly built on the 300-metre-high steep hill, divided into three tiers. The bottom tier is the local residential area; the middle features temples and lama lodgings; while the top is the location of palaces and government offices. The structure of this extensive three-tiered complex is linked by tunnels.

There are bus services travelling southeast from Zanda to Burang which is the land port on the Sino-Nepalese border. Economical communication is frequent along this way. In the vicinity of Burang are the sacred mountain and lake of the Tibetans.

The sacred lake Mapam Yumco, is 4,541 metres above sea level. Pilgrims to this site usually go around the lake and believe that taking a bath here can not only cure diseases but also wash away the sinful nature in one's soul. The peak of the sacred mountain Kangrinboqê is 6,714 metres above sea level. There is a hostel nearby providing accommodation to visitors. In the middle of the fourth lunar month, many pilgrims from India, Nepal and Bhutan travel here to participate in the Flag Planting Ceremony at the foot of the Kangrinboqê – the highest peak in the Gangdisê Range.

Climatic Conditions and Points for Attention

The annual average temperature in Tibet is about -10°C to -20°C in January, and below 10°C in July. However, in Ngari District, due to higher altitude, the weather is even more changeable. Sometimes in August and September the temperature can fall below freezing point. Under such circumstances visitors are susceptible to mountain sickness. If you catch a cold at the same time, your life is in danger! Therefore, during the tour you should pay special attention to your health. Along the journey in the Ngari District stretches of land are extremely bleak and desolate with almost no sign of human habitation. It is therefore essential you have food, drinking water, medicines and winter clothing fully prepared for any contingency.

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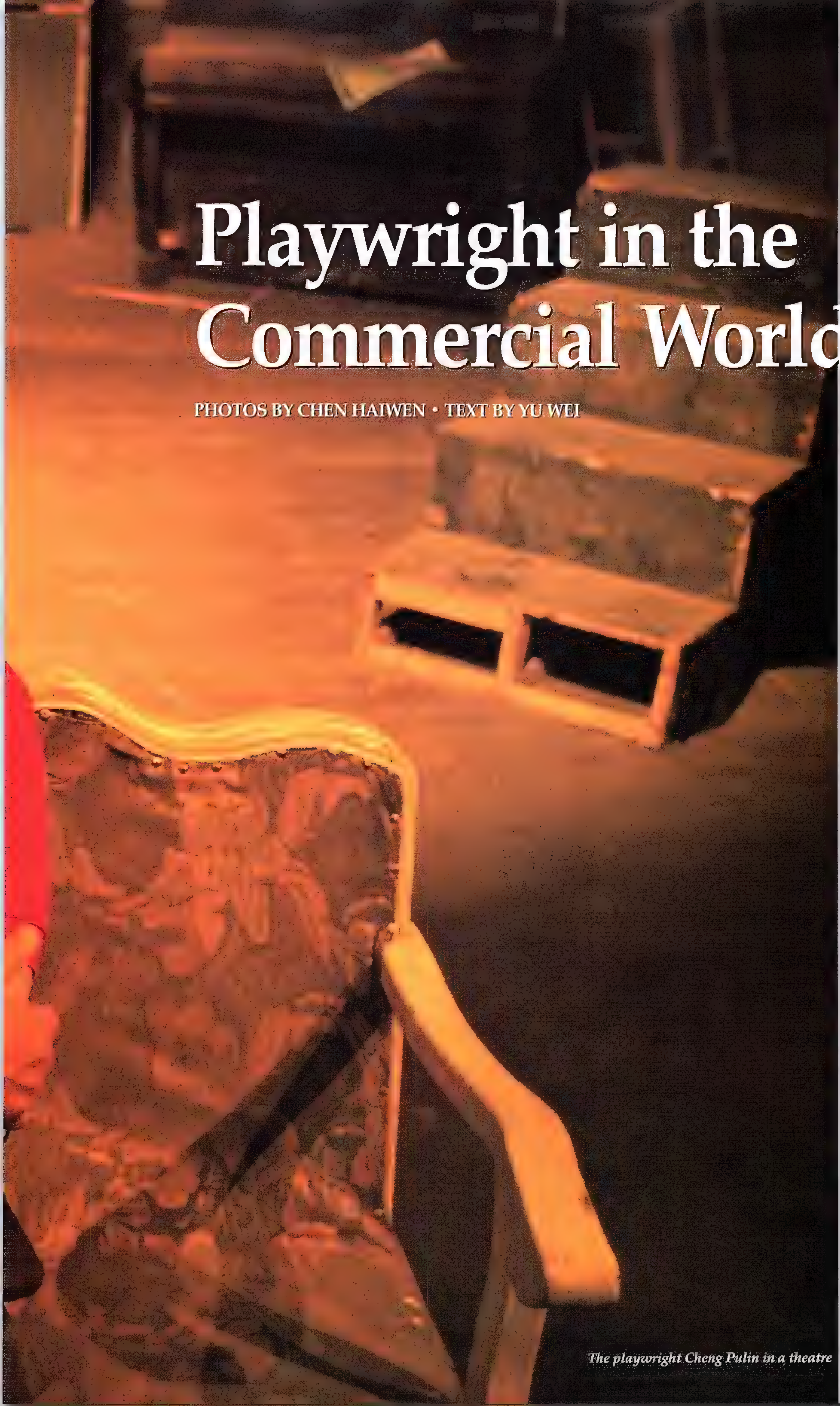
Playwright in the Commercial World

PHOTOS BY CHEN HAIWEN • TEXT BY YU WEI



The playwright Cheng Pulin in a theatre

Who is Cheng Pulin?

Is he a successful commercial entrepreneur, or a playwright in e cultural world?

In a certain sense, Cheng Pulin is both an entrepreneur and a aywright, but the demands and role-playing are different. As a boss, runs a dog farm and a restaurant; he is also engaged in real estate. For m, business is nothing but a means to obtain his goal – the freedom to rry out his artistic ambitions.

Cheng Pulin is a man who keeps his identity shrouded behind a veil. ow, due to recent expansion of his businesses there is a division of bour even in his small family of three members: he is in charge of neral affairs and the real estate business while his wife takes care of e dog farm, and his daughter looks after his catering business. As for s wealth, Mr. Cheng is modestly quiet. His properties seem to be nited, and yet he has more than sufficient money to increase his operty-holdings. Mr. Cheng can easily gather 10 million yuan for operty investment any time.

The situation he finds himself in today was beyond his initial pectations.

As a postgraduate from Shanghai Drama College, Cheng became a ofessional playwright and director, writing such dramas as *Good-bye, ris, The Datura on the Verge of the Hell* and *Life*. Unexpectedly, it ppened in 1988 that he borrowed 200,000 yuan and declared his cision to "plunge into the commercial sea". And thus he started to run e dog farm.

A Cultural and Artistic Troupe in Addition

To answer the question businessman or playwright, Mr. Cheng aims making money was necessary in order to finance himself, as itially some of his plays were virtually squeezed off the stage, rejected theatre directors and managers. What plunged him into the mmercial sea was probably the drama *The Yellow Changed into the reen*, a play he wrote in 1986 to portray the fight against corruption in reign trade, and which consequently was not permitted to be put on e stage. According to Mr. Cheng, apart from the freedom to write, ere must be the freedom to stage. All this should be carried out by a oupe composed of comrades with the same aims, and at the same time financially viable.

To realize this, he set up the Huaxia Cultural and Artistic Troupe, to ance stage productions of not only his own play *The Yellow Changed to the Green*, but also other authors such as *The Alarm Clock*, and *A appy Ending*. There have been a variety of different opinions, both preciative and derogatory about his enterprising abilities, but Mr. heng remains firm about his own free spirit and successes.

Personally Engaged in the Administration of the Dog Farm

Easy and successful as he seems, there was hardship in the past. At e beginning of his commercial career, Mr. Cheng employed a dog pert to be managing director of the farm, but within less a year there as a loss of more than 50,000 yuan. What is more, the mating and reeding rate of the stud dogs, and the puppy survival rate were all ther low. A careful investigation by Mr. Cheng revealed that this was used by the poor quality of pellets used as dog food. Cheng then sked the managing director to change the pellets, but he disagreed and signed, leaving Mr. Cheng to bear the full burden himself. As soon as e had solved the dog food problem, by buying a fodder grinder and orking out the ration of ingredients to be used, Mr. Cheng met a new roblem: how to deal with the irregular supply of fresh meat. Swiftly, he t up a refrigerator and found a meat supplier for dog food. The stud ogs being especially delicate need to be well sheltered from both severe old and heat, and mosquitoes. Although the disinfectant and reventive aids had been much improved, the dogs suffered all kinds of iseases due to their poor state of health and a veterinarian had to come their rescue.

2

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5

1. The land beneath the old building where Cheng Pulin sits is part of his real estate.
2. Cheng Pulin's wife with the workers on the dog farm.
3. Cheng Pulin's daughter is in charge of catering business.
4. Cheng Pulin's wife (right) takes care of the dog farm.
5. Cheng Pulin's daughter in her bedroom.

1

Multiple Developments in Business

The pet dog business became quite brisk. Mr. Che thought he should next turn his money and manpower to t big markets of clothing, food, housing and transportation expand his business.

After a thorough investigation, he made up his mind cooperate with one of his friends in the real estate trade. that time, there was a propaganda movement to reduce t investment in immovable properties on the mainlan moreover, the land and housing trade was in a depress state. However, Cheng and his friend thought that th should build six billion square metres of floor space to sol the housing problems in Shanghai, despite the fact that t combined construction capability of all the housi companies in Shanghai were able to construct less than o tenth of the total floor space a year. Here, Cheng and h friend saw their opportunity to move in. They spent a ye buying a piece of land of 15,000 square metres on which th planned to construct three 24-storey buildings, one 20-stor building and three 7-storey buildings, forming a livi quarters named Changlin Living Quarters. At the same tim they set up Huachang Housing Development Compan Cheng now holds the position of the president and gener manager of the company, while his young friend is t standing vice-general manager and director of Changl Living Quarters. Construction of the residential hous began on December 28, 1993. Later, with another frien Cheng defeated 45 housing companies to acquire the right build a 30-storey building at the northern section of t Bund: a skyscraper forming a rival pair with the "Pearl of t Orient" TV Tower on the opposite side of the river. M Cheng made many new friends and in November, 199 opened up another restaurant, Haishanghai.

Of course, not everything has gone well for Mr. Cheng the "commercial sea". The year when he had just borrowe enough funds for his business, one of Cheng's old frien wanted help to run a health food business. He needed 50,0 yuan as an investment and guaranteed that he could doub the capital. But in less than a year the factory proved to be total loss and the friend fled abroad. Even when he w rehearsing his play *The Yellow Changed into the Green*, whic describes a female fraud, Cheng was cheated b a female friend. His dog farm also suffered loss by thieves. But Mr. Cheng, however seem to have a dauntless motto: "Even if I failed business, it would be a victory for me!"

2

A Simple Life

Since immersing himself into business, M Cheng has had little time to write dramas. Aft *The Yellow Changed into the Green*, he wrote onl one four-act drama *The Mystery in the Triangl* revised works by amateurs, and directed drama entitled *Bright Day, Dark Night*.

Despite being "wealthy", Mr. Cheng sti prefers to ride a bicycle every day, and mak calls by a public telephone. It might seem strange to others, but Mr. Cheng enjoys simple life. After all, it was not the materia world that led Mr. Cheng into the commercia sea.

Translated by Gu Weizhou

1. Cheng Pulin on his bicycle
2. Cheng Pulin resting at home

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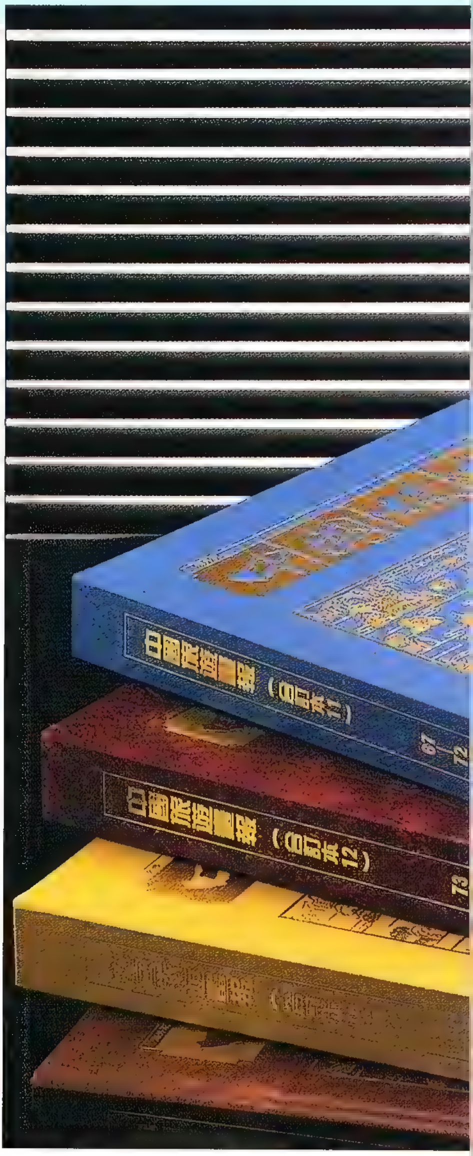

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Splendid Cloth Patchwork from Yanchuan

PHOTOS BY FENG SHANYUN • TEXT BY BAO XIU

Northern Shaanxi in December is a drab loess world, without a tinge of bright colour. During my 10-day trip there my eyes were filled up with one monotonous colour: dull yellow. Yellow earth, yellow water, yellow leaves and yellow smoke from the chimneys of the farmhouses. However, on stepping into a cave dwelling I found a dazzling world: a group of village women were patching up magical patterns with homespun cloth pieces, which covered the long brick bed and all the walls of the cave.

These were none other than the ingenious fruit of Shaanxi's folk handicrafts – the cloth patchwork. Feng Shanyun, a staff member in the county cultural centre, first discovered this art work in 1980 and called it "the flower in the mountains". Since then he has been working 15 years towards the development of this art. He helped a group of village women who cut and randomly made patched cloth patterns to become consciously aware of the design and creation of the cloth patchworks. Their works have now been exhibited in Beijing, Shanghai, Guangzhou and Shenzhen, and have become collections in some art galleries. As a result Yanchuan has been entitled the "Home of Arts" by the State.

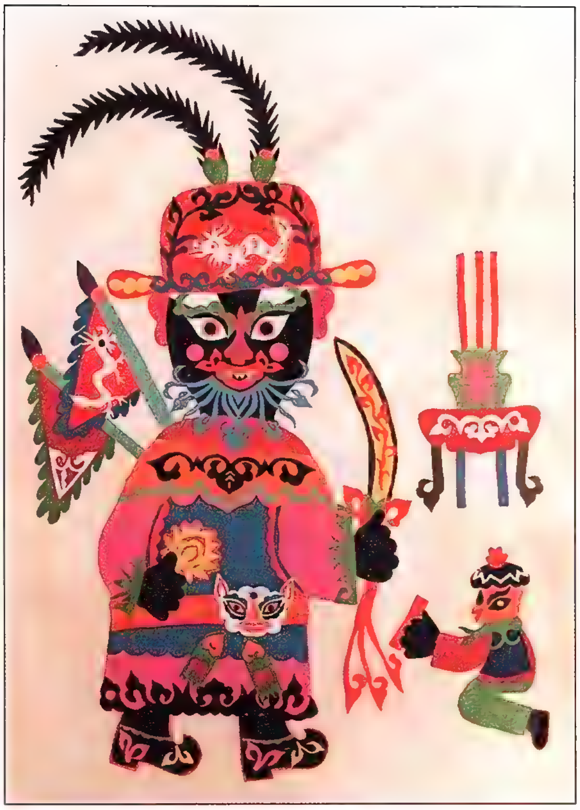
Preparing for the exhibition in Xi'an, these village women have come to stay at Feng Shanyun's house in the county seat of Yanchuan. They clip and patch day and night to produce various magical works (by Shi Bao Xiu).

According to Mr. Feng, the cloth patchwork is different from the farmer's painting. Instead of a paintbrush the women villagers deftly and skilfully use scissors for their creations. He admires the unique creativity of the village women who never make any sketches, but simply by driving a pair of scissors at a whole piece of cloth and making a few swift clippings, a fish, a flower or a tiger magically appears in their palms. What is even more special is that the same image is never repeated in their work; each pattern is unique.

Talking about the designs, Mr. Feng said, "These farmers' wives seldom leave the loess land to see the world beyond. Many things in the world may be mysterious to them. However, in their mind they have a close and omnipotent world of their own: they believe that they lead predestined lives but are also blessed and protected by heaven. As a consequence, most of their subject matter comprise of images of personalized deities."

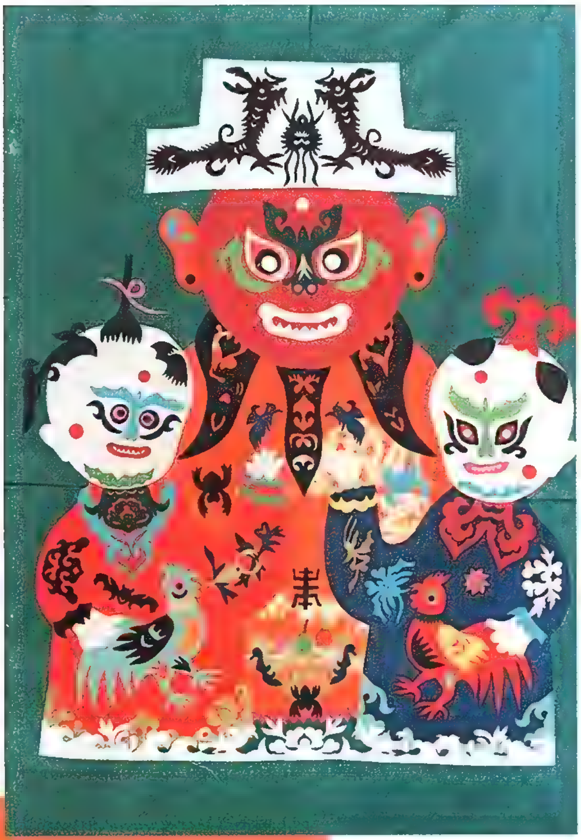
As to the means of artistic expression, Mr. Feng told me, he could never hope to learn the village women's exquisite conceptions. For example, they exploit and parallel the use of literary motifs in an intelligent and bold way. The image of a human head is portrayed with red radish for the eyes, willow leaves for the brows, fish for the nose, and the hair is a mixture of butterflies, flowers and vegetables, without using any line or chiaroscuro. The use of these organic descripives to present specific images is extremely like the classical similes in Chinese literature where a beautiful woman is usually described as "with a mouth like a cherry, brows like willow leaves, eyes resembling apricot seeds"....

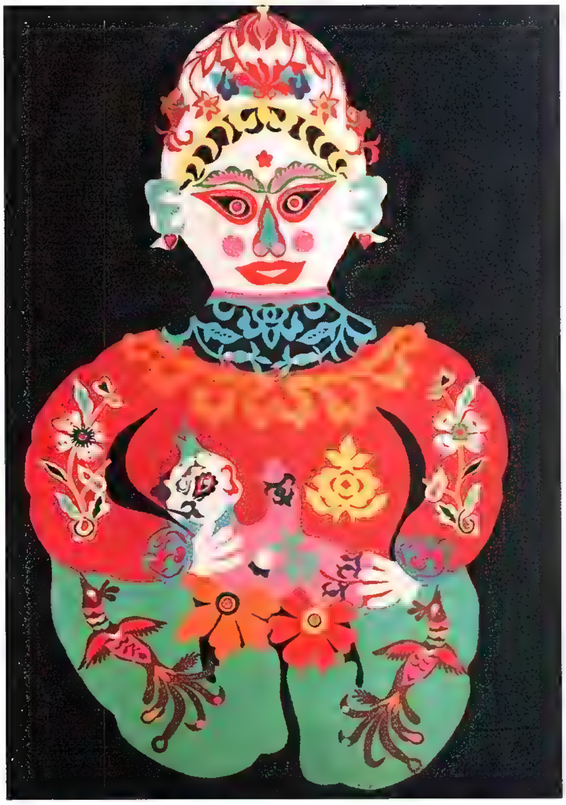
Translated by K.V. Ku



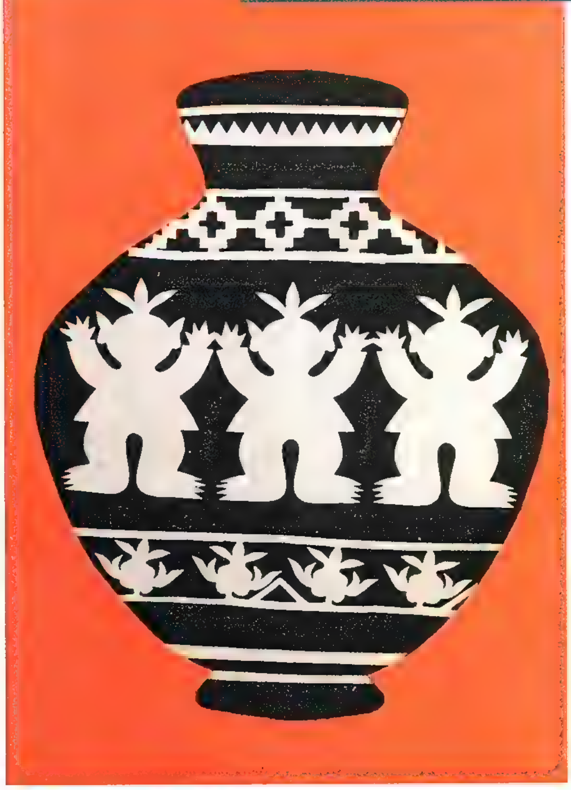
Lord Bao *The honest and upright official of ancient times most respected by the Chinese people, Lord Bao is depicted here as an image well-versed in both polite letters and martial arts. The figure of the official is so big that the appealer kneeling in front of him for redressing of a wrong looks like a child by comparison (patchwork by Liu Honglan).*

Kitchen God *This is the village woman's representation of the Kitchen God, an essential deity in charge of enough food to eat in every Chinese household as well as the inviolable "inspector of civil affairs" sent by the Emperor of Heaven (patchwork by Liu Guilian).*

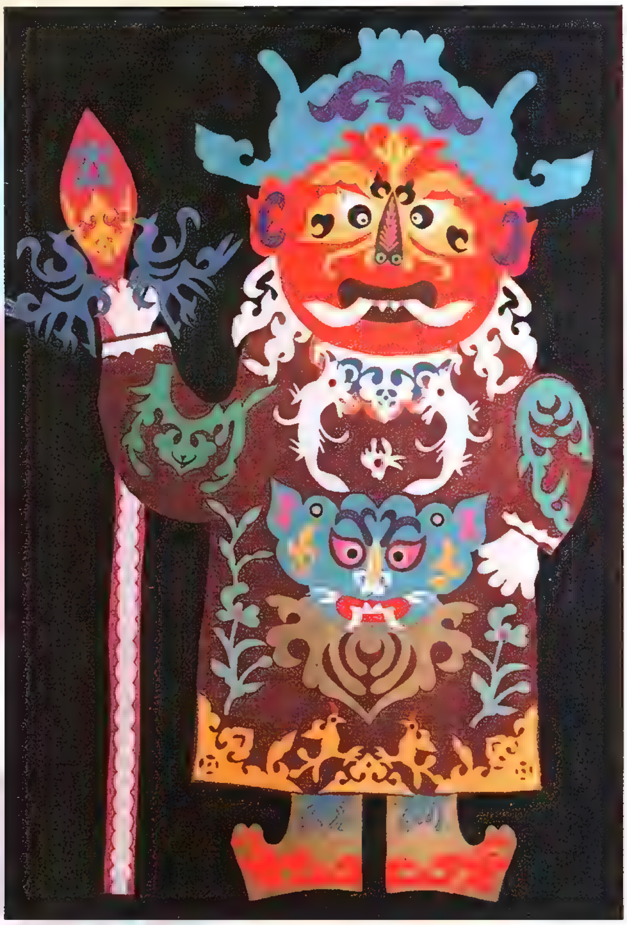




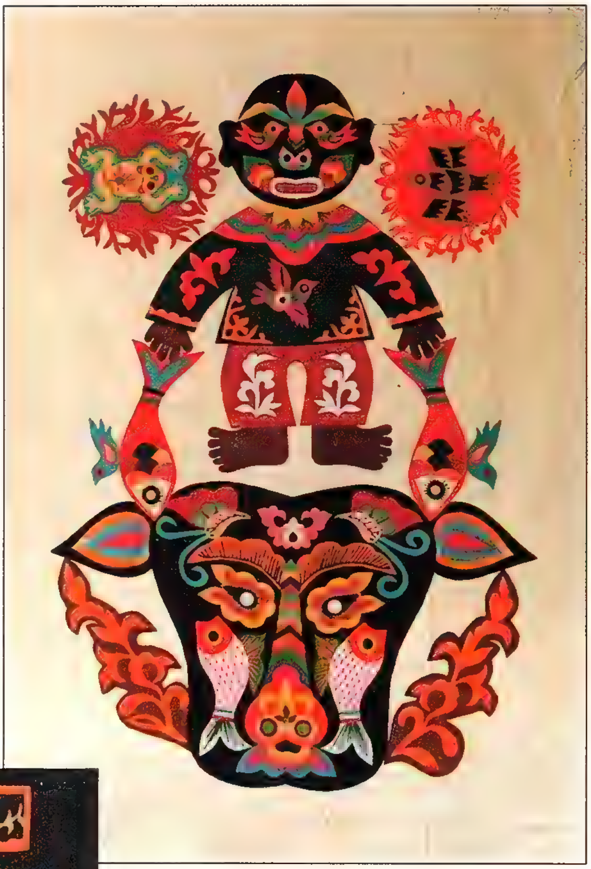
Son Endowing Goddess *In the eyes of the artist, the Son Endowing Goddess, resembles a leading actress who plays the role of a matchmaker (patchwork by Ma Ruilan).*



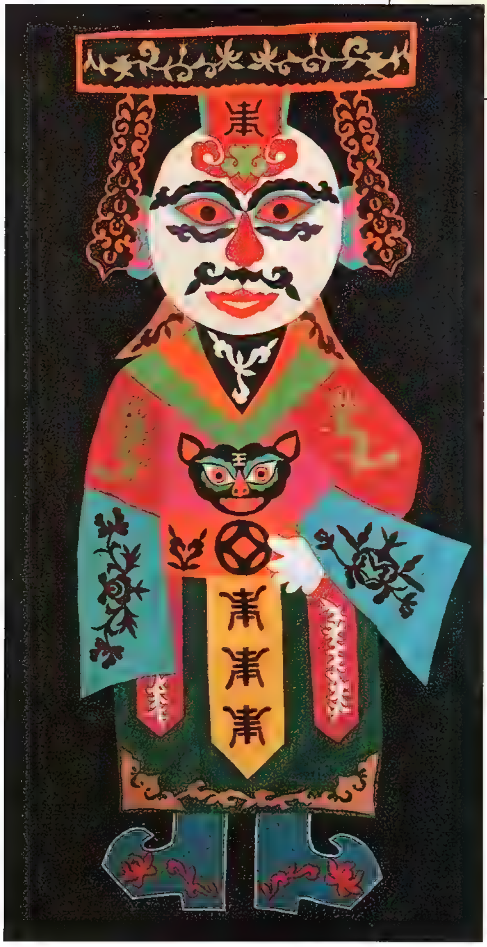
Jar *The pattern on the jar with concisely cut-out dancers around the middle is similar to that found on earthenware of the Neolithic Yangshao culture unearthed from Banpo Village near the city of Xi'an (patchwork by Yang Ruizhen).*



Village God *The Village God appears to be a general with an intriguing pattern using a butterfly for the nose, eyes and brows, and two birds for the beard. The folds of this Village God's sleeves, one raised and the other drooping, are represented by different plants, which shows the artist's originality (patchwork by Liu Guilian).*

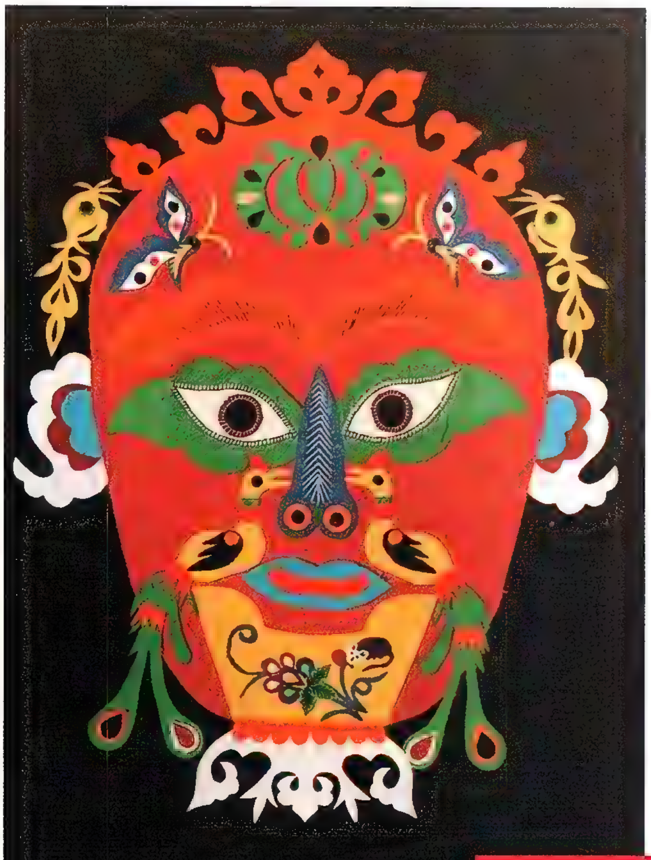


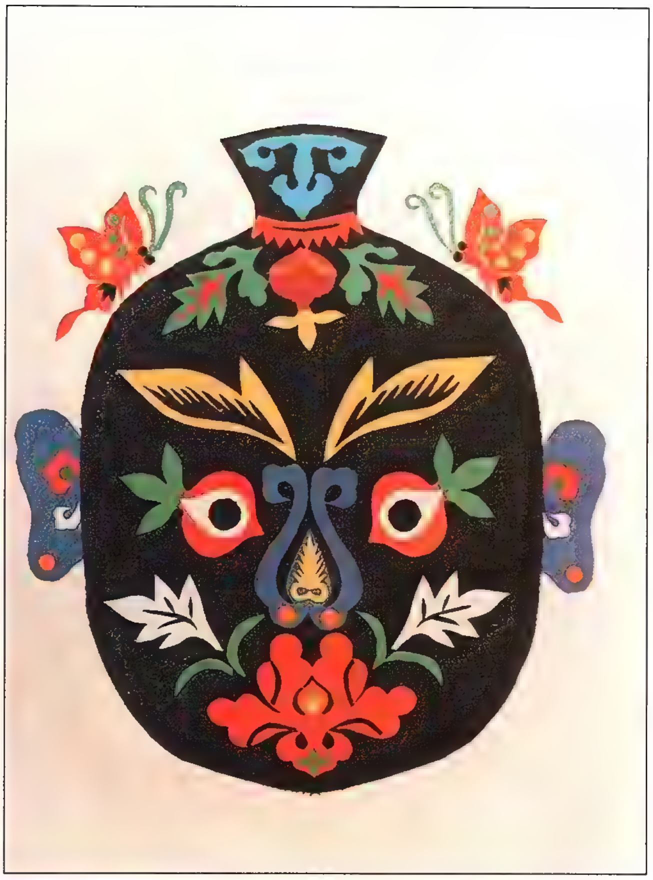
Sun and Moon *The sun and the moon are dramatically formed by a farmer plus a buffalo which symbolizes "daily life depends on labour". Compact and neat in composition, this work of art is rich in imagination (patchwork by Yang Ruizhen).*



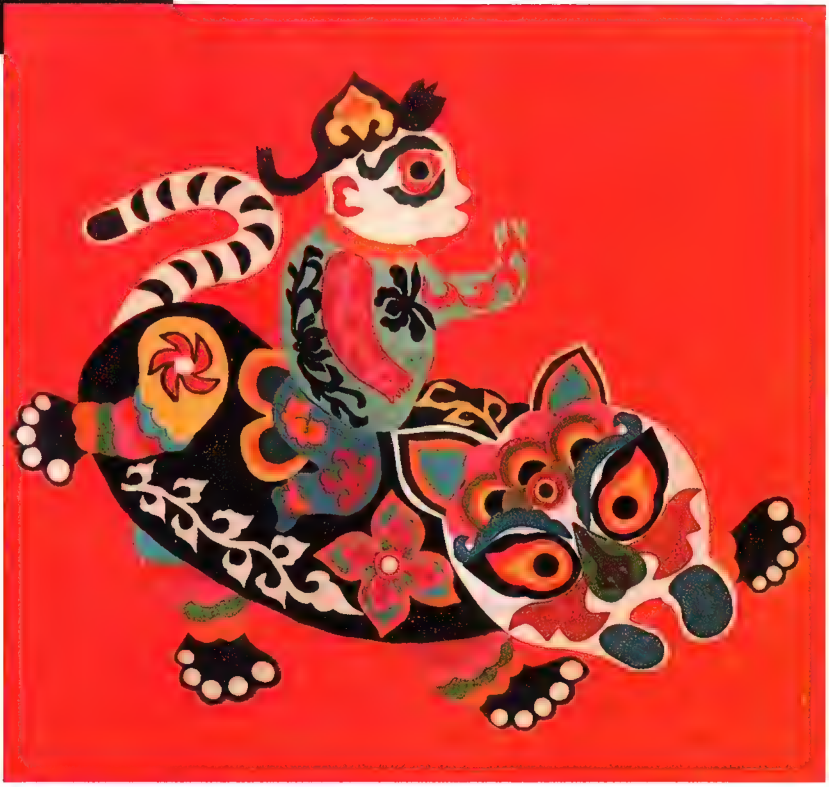
The Yellow Emperor *In the mind of the artist, this legendary first ancestor of the Chinese people is no different from any monarch in ancient times. Using abstract and standard patterns for his facial features, the Yellow Emperor looks genial (patchwork by Liu Yanqin).*

Head Portrait *In spite of his unknown status, this figure can probably be judged as the God of Wealth from the gold ingot on his chin. His fantastic moustache is surprisingly represented by two long-tail birds (patchwork by Wang Zhilan).*





Head Portrait *More like a flower bed than a human head, this work is created entirely from flowers, grasses and butterflies (patchwork by Wang Jinmei).*



The Year of Tiger *The tiger is one of the most vital beasts of the 12 animals representing the 12 Earthly Branches to which the Chinese people attach great importance. This tiger is vividly rendered with raised tail and lifted claws while the child sitting on its back is relatively simpler in patchwork pattern (patchwork by Liu Yanqin).*

Capturing Meng Huo Seven Times in Nanzhong

PHOTOS BY WU JIALIN ARTICLE BY FAN JIANHUA

1

After the death of Liu Bei and his two sworn brothers, Zhuge Liang eventually came to the pinnacle of power in the State of Shu and was thus able to single-handedly carry out his strategic plans.

He first warded off the invasion by five enemy forces while leisurely viewing goldfish and flowers in the Palace of the Prime Minister in Nanzhong Region. Then he led his forces to the Yunnan-Guizhou Plateau where he captured and released Meng Huo a local chieftain on seven occasions, whose respect and loyalty Zhuge eventually won.

Today in Qujing, Yunnan Province, there are new buildings going up everywhere. It is no longer the land of barbarism with poisonous springs or cave dwellings. What catches the eye is a huge relief stone carving on the river bank north of the town featuring Zhuge Liang and Meng Huo.

When we eventually found the "poisonous spring" at Qujing, I took a big gulp only to find it sweet and refreshing and after two hours, I still felt no discomfort!

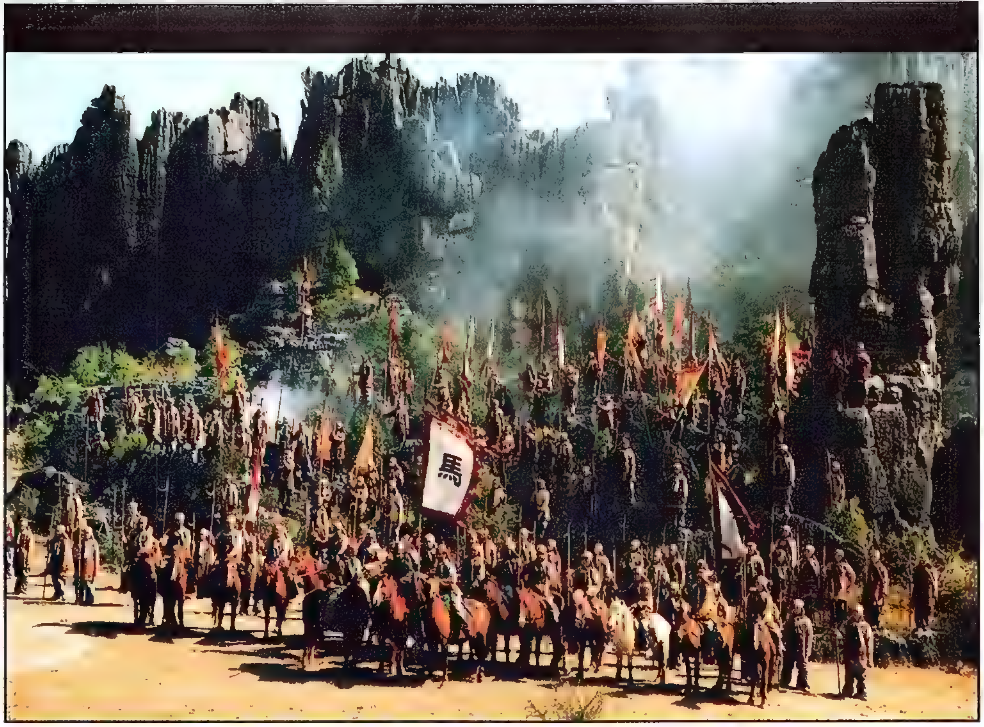
Zhuge Street can still be found in the town of Qujing, though it has almost been transformed into a meat market now lined up with butchers selling beef, mutton and pork. The newly-built "Cave Dwelling of Meng Huo" is hidden in the colourful "Sand Forest", and on the cliffs by Baishi River, are the cartoons of Zhuge Liang and the Battle of Chibi.

1. Captured and released seven times, Meng Huo was completely convinced by Zhuge Liang's talent and power. Kneeling down in front of him, Men Huo pledged: "Prime Minister, you are as powerful as the heaven and we southerners will never rebel again." Zhuge Liang held a feast and drank together with Meng Huo, celebrating the arrival of peace in Nanzhong (TV still).

2. Ma Dai came from Chengdu with his 3,000 soldiers to reinforce Shu troops in battle (TV still).

3. The quiet and narrow Zhuge Street

4. A huge relief carving portraying the hard-won friendship between Zhuge Liang and Meng Huo is found on the rock cliffs by the bank of the Baish River.



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Some 160 kilometres eastward from Kunming, capital of Yunnan, we arrived at Qujing, a major town in the eastern part of the rovince. Inside the town, the streets teem with shops, restaurants, araoke houses, bars and ethnic song and dance halls. The barbarous nd which was described in the *Romance of the Three Kingdoms* is owhere to be seen.

Originally, the town was called Weixian County. According to istory books, it used to be the final destination of the Five-Feet venue during the Qin Dynasty (221-207 B.C.), and after Zhuge Liang unched his southward expedition he moved the regional capital of anzhong from Bijie in Guizhou to Qujing.

Meng Huo was then a chieftain of a local tribe and an influential gure in Nanzhong, an area that included southern Sichuan and ost of Yunnan and Guizhou provinces. When his forces arrived in ujing, Zhuge Liang adopted the strategy of Ma Su, of winning the eart of Meng Huo by defeating and capturing Meng Huo seven mes and then only to have him released. When he caught Meng uo the eighth time, Zhuge Liang still intended to let him go back nd rally up his forces for another fight. This time, however, Meng uo was totally convinced and said to Zhuge Liang: "You are as owerful as the heaven and we southerners will no longer rebel."

The Cliff Carving of Zhuge Liang and Meng Huo

A stream of no more than 10 metres wide flows through the north-rn end of Qujing City. This is the famous Baishi or White Stone River. The hilly area on both sides of the river was where the Shu troops fought with the joint local forces led by Meng Huo. Today, this piece of land lies idle but the words on a wooden sign standing on the ground indicates that it will be a planned development zone by foreign investors.

On the cliffs by the river is a 60-metre-long rock carving in relief against black marble portraying the happy occasion when Zhuge Liang and Meng Huo shook hands and drank to their friendship.

Poisonous Water Turns Sweet

The "Poisonous Spring" is located in a small valley at the Nine Dragon Mountain at Zhanyi, 20 kilometres away from Qujing. One drizzly morning, we went through a small mountain village and followed the earth road taken by ox tenders into the deep valleys of Nine Dragon Mountain. Once we crossed a mountain pass, we saw the remains of an ancient messenger path paved with black stone slabs and two bold characters painted in red on the cliffs: "Poisonous Waters". Each character was about 50 centimetres high and wide. We walked less than a hundred metres along the valley before finding a clear spring in the bushes. This was the "Poisonous Spring". There was a stone bowl placed on the rock on the left of the spring. The water flowed into the bowl and visitors could drink from the bowl simply by lowering their head, giving rise to a saying "Drinking water does not involve bending your back."

Naturally, I felt rather thirsty after nearly two hours walking on

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e mountain path. I squatted down and took a big mouthful of the ring water and was immediately overwhelmed by a sweet and freshing feeling. I could not help wondering how such sweet tast-g water was given the name of "Poisonous Spring".

According to legend, it was in the hottest month of the year when huge Liang was returning to Chengdu after he successfully put wn the rebellion at Nanzhong. His officers and men were exhausted the long march in the hot weather. When the exhausted soldiers me to the clear spring embraced by mountains and green trees, huge Liang ordered them to stop and rest. Some soldiers ran to the ring and drank to their heart's content. But their bodies turned ack and they died. Finding the water poisonous, Zhuge Liang for-de his soldiers to drink from it, pulled out his sword and carved e two characters of "Poisonous Waters" to warn passers-by.

Zhuge Street: Now a Meat Market

In the old section of the town of Qujing, there is a street which der residents claim was where Zhuge Liang stationed troops, hence s name: Zhuge Street. A few years ago, I accompanied a group of panese reporters to the street and found it to be a small lane, no more than three metres wide going east to west in the southwestern corner of the old town joining South Gate Street. The street was clean and quiet but very commonplace, with nothing but old residential houses.

Now several years later, the old town has been radically changed.

The neat old town has been completely transformed. I had to ask several senior citizens before I found the rusty street name plate

1. Ma Dai and his men came to the Lushui (the lower reaches of the Jinsha River). Finding the river shallow, his men took off their clothes and started wading through. Suddenly, they fell one after another in the poisonous river water and died bleeding at the mouth and nose (TV still).
2. Both sides of the Baishi River are said to be the ancient battlefield where the Shu troops once fought with Meng Huo and his men.
3. Curious local residents arrive at the TV drama shooting site to view a reconstruction of the barracks of their ancestors.
4. Inspecting the terrain, King Duosi told Meng Huo and his brothers that where the Shu troops had camped was the centre of poisonous springs and fog. Without drinkable water to sustain them, they would only die (TV still).
5. This is the "Poisonous Spring" that killed many Shu troops.

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eclaring "Zhuge Street". The former tranquility has been entirely placed by the shouting of butchers as the street is now lined up ith huge red umbrellas shielding chunks of beef, mutton and pork.

Meng Huo's Cave in the Colourful Sand Forest

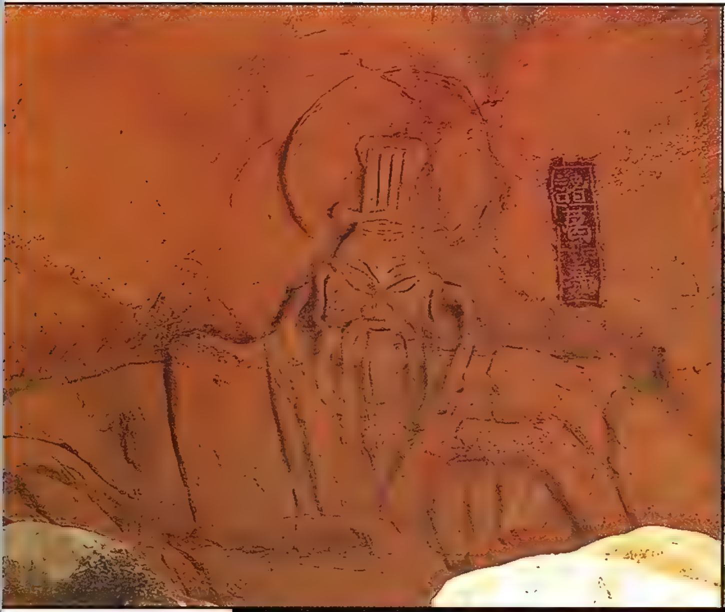
The dramatic capture and release of Meng Huo is one of the major ory lines in the 84-episode TV drama *Romance of the Three Kingdoms*. ne director chose the colourful Sand Forest 80 kilometres south of ujing City for its authentic and imaginative scenery, as the site for ooting the section about the cave home of Meng Huo and his ldiers.

The Sand Forest in Luliang County, a tourist attraction developed recent years, is known as the Three Forests of Yunnan together ith the Stone Forest in Lunan and the Earthen Forest in Yuanmou. ills here consist mostly of sand in the strange shapes of mountain eaks, bamboo shoots or stalagmites rising abruptly several dozen etres high from the ground to present a magnificent sight. Appearg in different colours of yellow, black, white and red, the area has erefore been named the Colourful Sand Forest, a colouring process eated from lengthy natural weathering.

Deep in the Sand Forest, is an impressive building that has been built as the cave home of Meng Huo. Further ahead is the castle gate on which an ox head hangs. About 100 metres from the castle gate, stands an old city wall and a tower gate on which a huge drum can be seen. The tower is quite different from those in the Central Plains in architectural style, probably the result of designers combining tower structure with local ethnic building characteristics. After shooting the TV drama, the structure a "cultural relic of the Three Kingdoms" has been left here to stay, blending harmoniously as part of the natural scenery at the Sand Forest.

Translated by Huang Youyi

1. Cave headquarters of Meng Huo reconstructed according to popular belief
2. The barracks of Meng Huo located in the Sand Forest
3. While puzzled at what was happening, King Wutugu received reports that Shu troops had been discovered in the valley. Just then, huge rocks rolled down from the mountain blocking their path of retreat (TV still).
4. The image of Zhuge Liang on the sandy cliff
5. Terrifying images of the ancient southwest tribes covering the cliffs on both sides of a long valley



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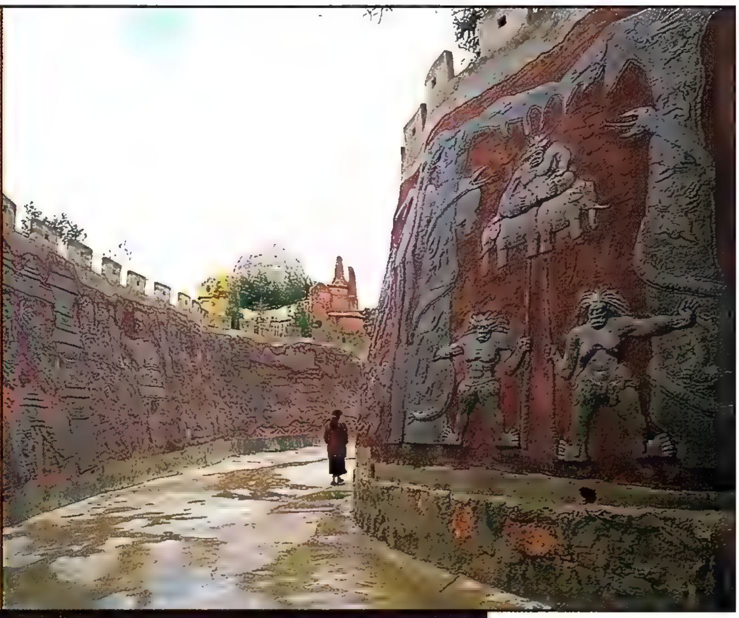

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PHOTOS BY WANG LIHONG • TEXT BY SHUAI LEI

acing page: *Giving the Giant Buddha a icelift*
op: *Soldiers weeding the fingers of the Giant uddha*
ottom: *Sweeping the Buddha's toes clean*

One day last summer a group of soldiers in field uniform suddenly appeared on the huge body of the Giant Buddha of Leshan in Sichuan Province. With safety belts around their waists and holding climbing ropes, these men from the Army's reconnaissance troop swung back and forth around the famous 71-metre-high giant Buddha, carved out from a cliff side. They were giving the statue a facelift: pulling up weeds and thoroughly cleaning the body of the icon.

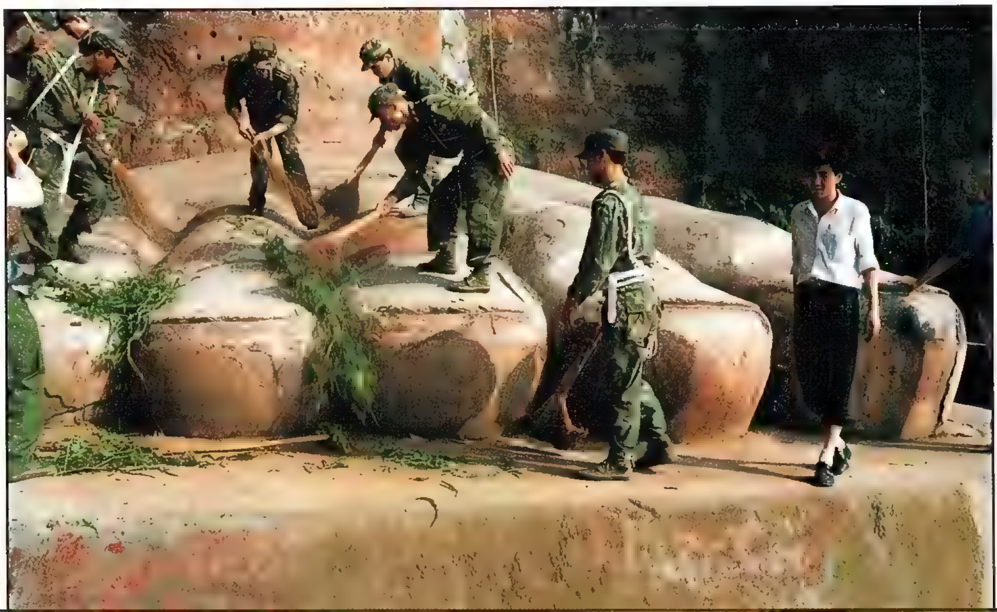
The carving of the Leshan Giant Buddha started in the year 713, during the Tang Dynasty, and was finally completed 900 years later. Proportionally, the huge statue is the world's largest seated Maitreya. It is located on the western slopes of Xiluan Peak of Mount Lingyun at the confluence of the Minjiang, Qingyi and Dadu rivers, to the east of the city of Leshan. With the waters of the three rivers at its feet and nine peaks at its back the giant Buddha, as high as Mount Lingyun, faces Mount Emei in the distance and Mount Leshan nearby. It is so colossal that in each of its insteps a company of soldiers can stand, and its big toes can seat four people playing cards in a circle. From head to foot the statue is the height of a 23-storey building. Damaged by the elements and overgrown with weeds for thousands of years, this first-grade State-protected cultural relic badly needed a facelift. Hearing this, the reconnaissance troops stationed nearby volunteered.

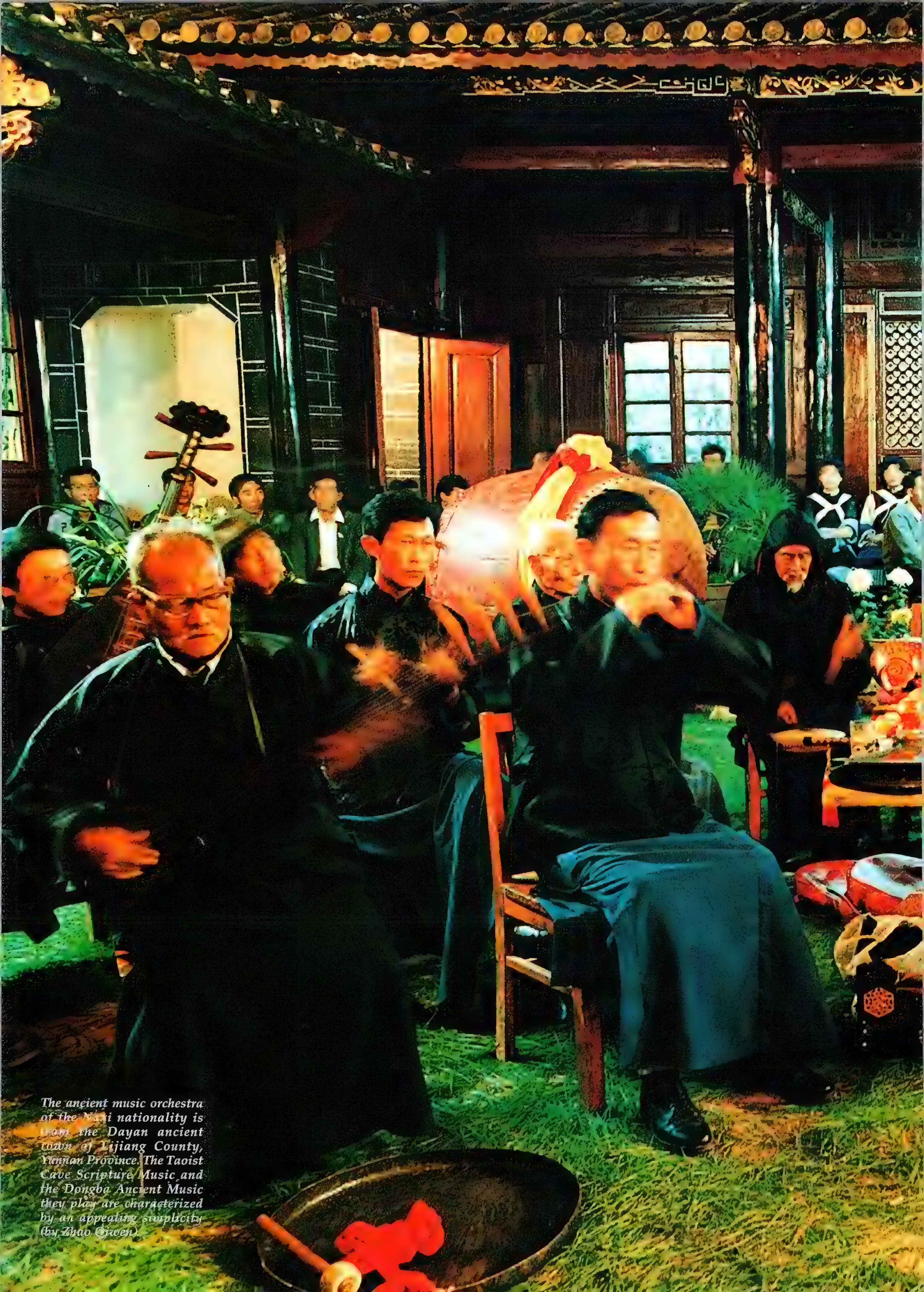
Li Xuejun, head of the first squad, who is a climbing champion, made three trial climbs and finally succeeded in reaching the Buddha's ear. He went into the ear and pulled up weeds from inside. Astonished by the sight, travellers on the spot all stopped to watch.

Other soldiers suspended around the Buddha also weeded and scraped off moss from the statue. They worked carefully, ignoring the cuts on their hands and feet and the blisters on their palms.

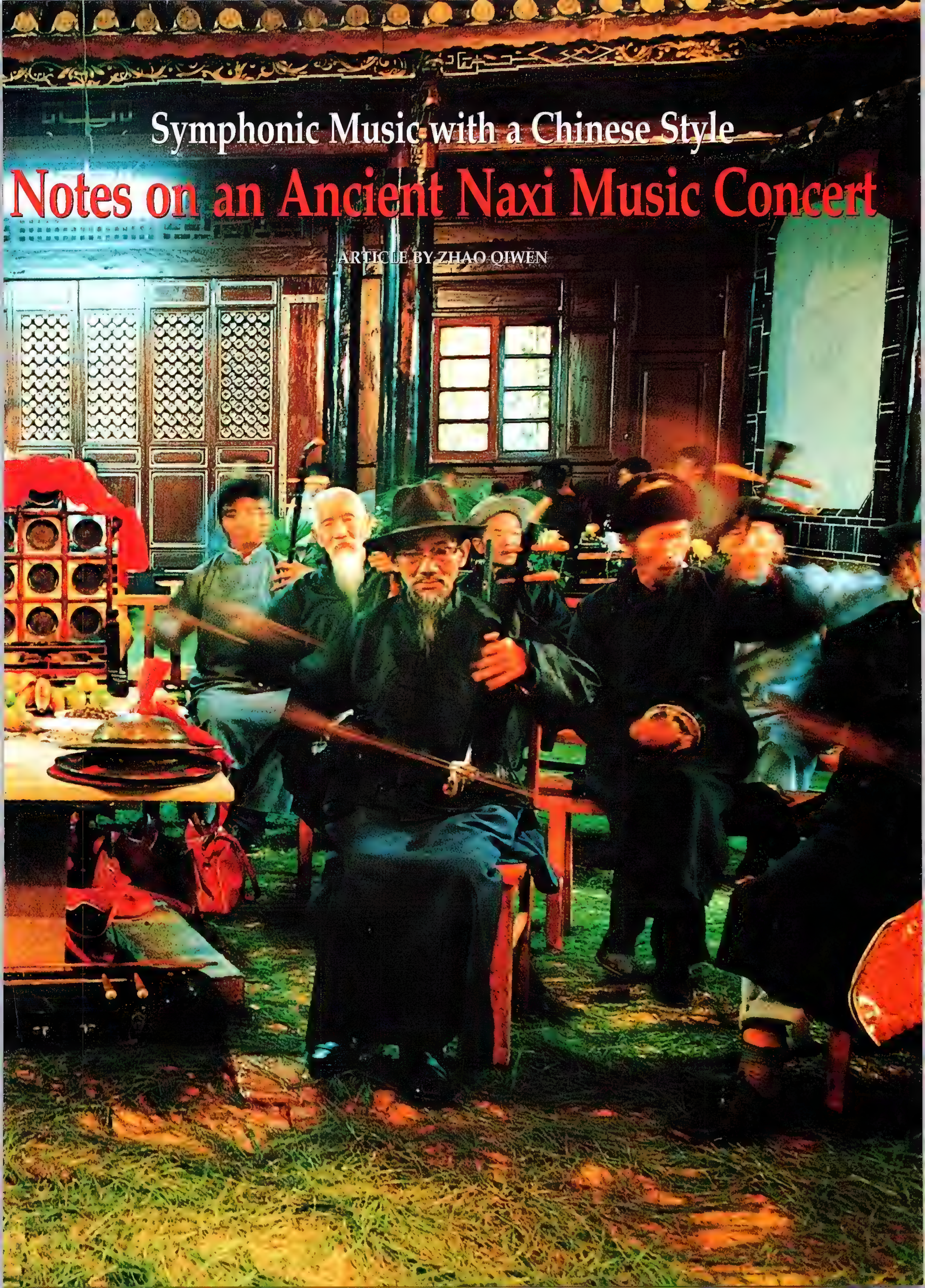
After 10 hours' hard work by 50 officers and men, the Giant Buddha took on an entirely new look.

Translated by K.V. Ku





The ancient music orchestra of the Naxi nationality is from the Dayan ancient town of Lijiang County, Yunnan Province. The Taoist Cave Scripture Music and the Dongba Ancient Music they play are characterized by an appealing simplicity (by Zhao Qiwen).



Symphonic Music with a Chinese Style

Notes on an Ancient Naxi Music Concert

ARTICLE BY ZHAO QIWEN

Xuan Ke, a musician of ancient music speaks fluent English. He is responsible for introducing Naxi music to visitors during performances (by Peng Zhen Ge).

It was night when I arrived at the ancient town of Dayan in Lijiang County, Yunnan Province. A friend of the Naxi nationality took me to an antique compound, where an instrumental performance of ancient Naxi music was being held. I was told that Naxi instrumental performances were often held in Lijiang in northwest Yunnan. The music has a history of 400 to 500 years.

A Blend of Han and Naxi Culture

Some people liken the ancient Naxi music with Dongba music. This, however, is not quite accurate. It is more correct to say that the two kinds of music are closely related but at the same time they differ from each other. Dongba music is ritualistic and used in the primitive religion of the Naxi nationality, while the ancient Naxi music is a classic folk music which has assimilated from Han and Naxi cultures. But ancient Naxi music borrows instruments like the big drum, bronze gong and bell from Dongba music. However, as both types of music originated from Naxi's ancient culture, it is not completely wrong if some people mistake ancient Naxi music for ancient Dongba music.

The ancient Naxi music orchestra generally consists of 20 to 30 musicians. Their ages range from over 80 years old to young women under 20. The concert I went to that night was given by a band of musicians with an average age of over 60. It is said that the older musicians are the best in the orchestra, as they can recite the music from memory. The art of performing this music has been meticulously handed down from father to son over generations ensuring that the melodies they play have remained unchanged over several hundred years.

Ancient Musical Instruments

The instruments used in the concert were said to be 400 years old b thanks to careful preservation of these simple pieces, they are still glos black and in good condition today. Some of the instruments show t shapes of musical instruments played by ethnic people of the Weste Regions 2,000 years ago, and have been regarded by historians as "t fossils of musical instruments" reflecting the conservative a unchanged nature of Naxi music.

When the concert started, the audience listened with bated breat The sweet ancient music rose and fell reverberating among the buil ings, and transported us back to the ancient Naxi Kingdom. Listen car fully and you can feel that although the music is primitive it also has very refreshing quality.

Real Classical Music

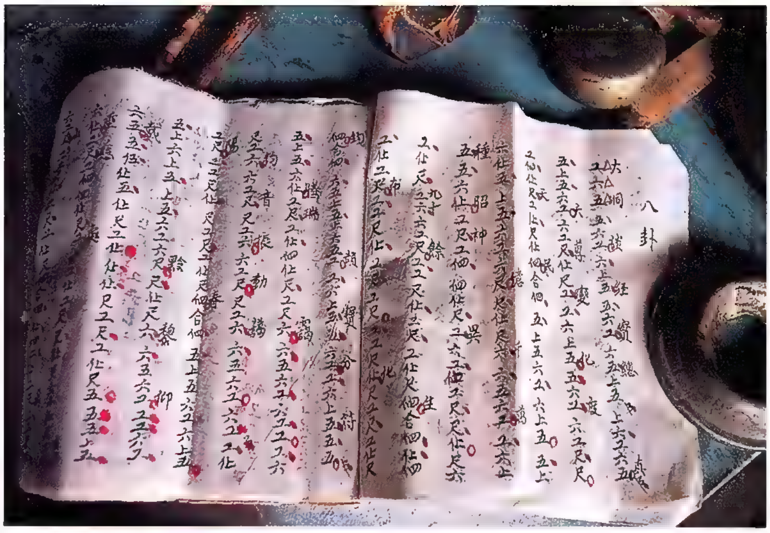
The programme that evening included "The Eight Triagrams" a "The Old Man of the Qinghe River" from the Cave Scripture Musi "Delicate Steps" from Tang-dynasty palace music; "A River of Win from the Yuan-dynasty; and "The Mountain Goat" that had been lo lost in the interior regions. From here you can appreciate the uniqu quality of classical Chinese music. In the 1940s, a Russian scholar in h book *The Kingdom That Has Been Forgotten* called this music "symphon music with a Chinese style", and "genuine classical Chinese music".

In the Lijiang area, two major sets of classical music have bee handed down: one is the "Baisha Soft Music", popularly known "Greetings at Farewell", and the other is the "Cave Scripture Music commonly known as "Ancient Naxi Music".

He Yi'an, an 87-year-old musician (by Zhao Qiwen)

The Baisha Soft Music
the ancient folk music of
e Naxi nationality, or
he music left by the peo-
e of the Yuan Dynasty
271-1368)", entrusted as
nuine Chinese classical
lk music and remarked
Chinese music histori-
s as "the living fossil of
usic".

The Cave Scripture
usic is the Taoist music
the Han nationality,
hich was introduced to
e Lijiang area during the
ing Dynasty (1368-1644)
d the Qing (1644-1911).
mple, primitive and elegant, it has the musical style of southern
ina's traditional stringed and woodwind instruments, and combines
e charms of Han classical music with the elegance of Naxi music, an
aborate synthesis of the two musical cultures. Ancient Chinese music
hich has been lost or transformed in other parts of the country can
ace their origin from Cave Scripture Music.



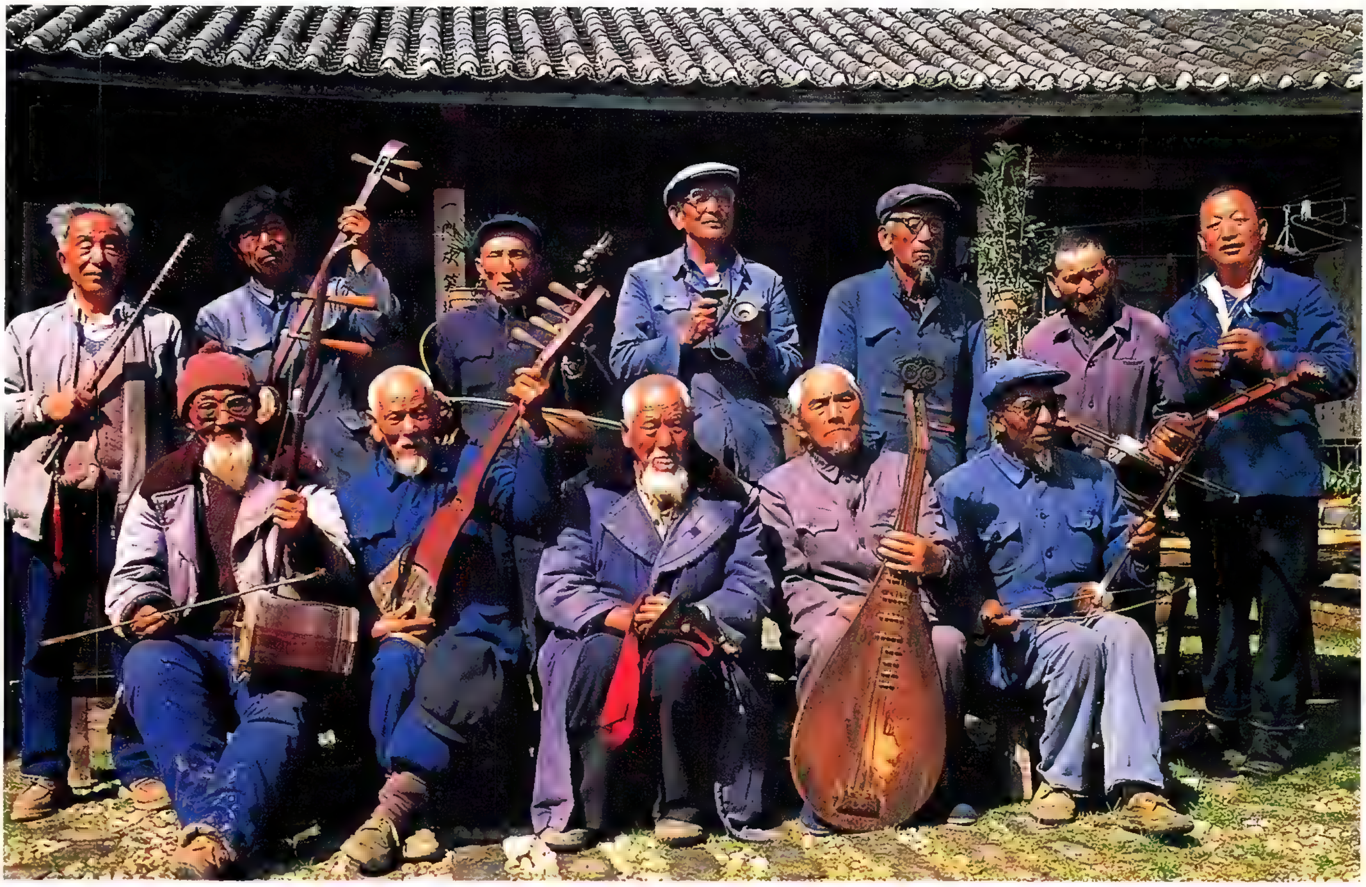
The ancient Taoist Cave Scripture Music score of the ancient music orchestra from Baisha Township, Lijiang (by Peng Zhen Ge)

As to the reason why ancient Chinese music has been subject to so little change in the Lijiang area, Xuan Ke, a scholar from the Naxi nationality has suggested that first, the Lijiang area is relatively sealed off geographically, and secondly, the influence of Taoist music, which itself was remarkably stable.

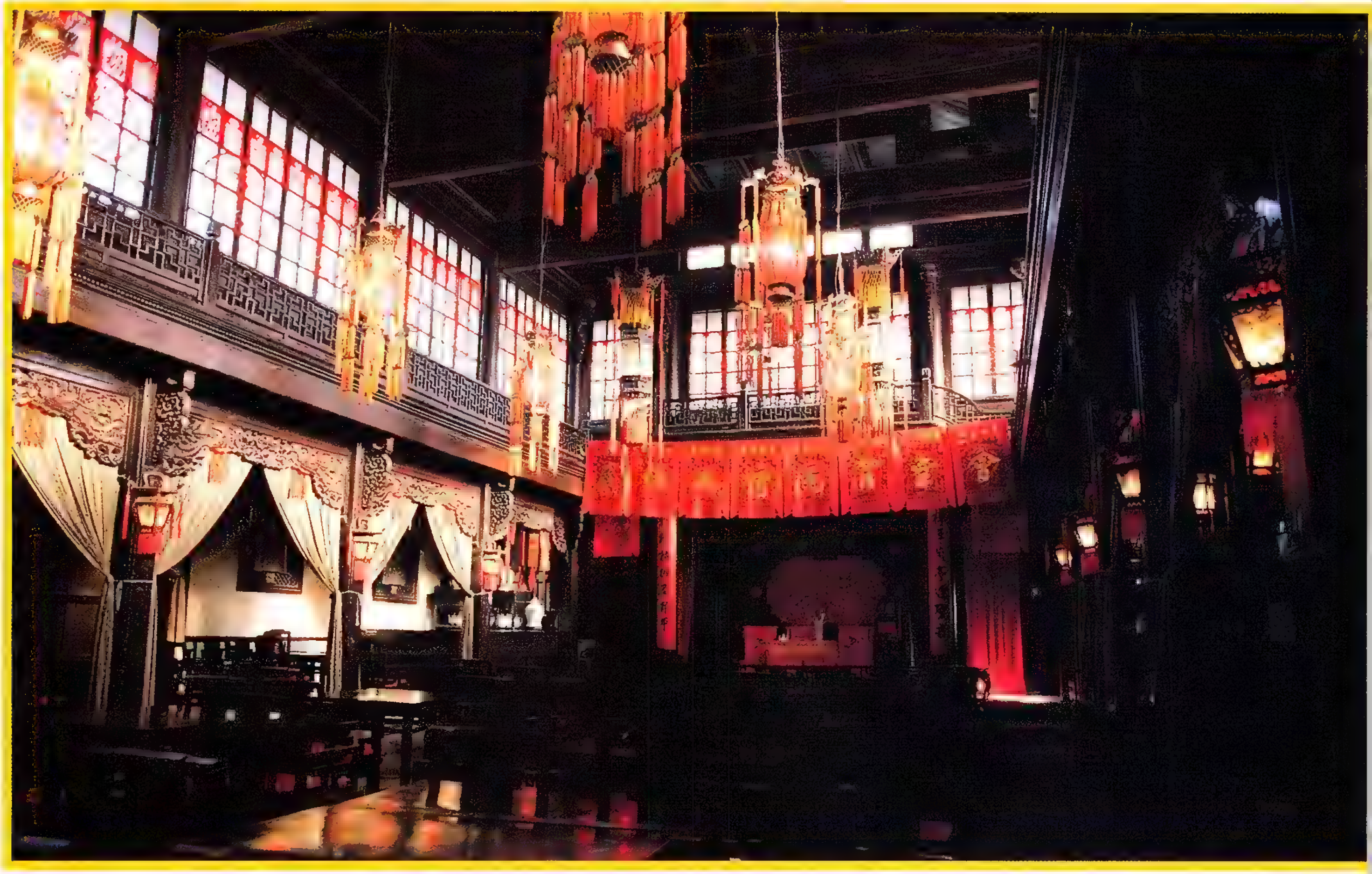
"Ancient Naxi music is an intact part of Chinese classical music," it has been said. "If anyone misses the chance to listen to ancient Naxi music in the Lijiang area during his visit to China, this would be regrettable as his understanding of Chinese ancient culture will then be very superficial."

The Naxi culture manifests itself as a mysterious treasure house of ancient Chinese culture.

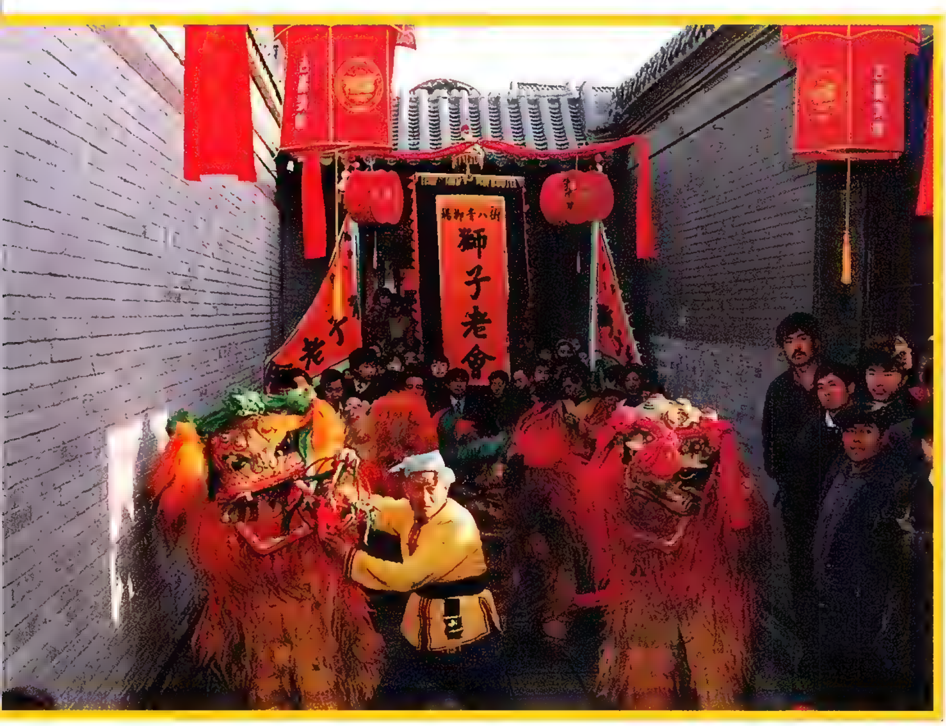
Translated by Xiong Zhenru



The members of the ancient music orchestra of Baisha Township, Lijiang, composed of Naxi farmers (by Peng Zhen Ge)



The opera tower in the mansion — the largest of its kind in northern China's local residences



A lion dance in the mansion

The opera tower courtyard containing the greenroom

Shi Family Mansion –Folk Architectural Galaxy of the Late Qing Dynasty

PHOTOS & TEXT BY
LIU JIAXIANG

The long path of the Shi Family Mansion

Constructed in 1875, the Shi Family Mansion was the habitation of Mr. Shi Wancheng, one of the top eight richest people in Tianjin luring the Qing Dynasty. Occupying an area of six hectares and a uilding area of 2,900 sq. metres, the mansion, which now houses the angliuqing Museum, is composed of 12 courtyards all in Chinese raditional quadrangle style with a long paved path leading to all the ards from the front gate.

On the east side of the path are the former bed rooms and living ooms which now serve as the exhibition area where Yangliuqing New ear woodblock printed pictures through the ages are displayed. On he west side of the path are the former Shi family's grand hall, opera ower and Buddhist shrine for receiving guests, entertainment, pasimes, chanting sutras and worshipping gods. This part of the mansion s also opened to the public as part of the museum's exhibition.

From the Buddhist shrine passing a gate to the west is the angliuqing Folklore Museum in which Yangliuqing kites, paper-cuts nd props for temple fairs, all with a flavour of folk art, as well as local vedding customs are displayed.

Stone carvings in the mansion

Major Hotels in Tibet and Yunnan

Lhasa, Tibet

Himalaya Hotel Lhasa
拉薩喜馬拉雅飯店
6 Linguo Road, Lhasa, Tibet 850000
Tel: (0891) 6322293

Holiday Inn Lhasa Hotel
拉薩假日酒店
1 Minzu Road, Lhasa, Tibet 850001
Tel: (0891) 6332221 Telex: 68010 HILSA CN
Fax: (0891) 6335796
GM: Daniel Desmonts
Opened August 1986
468 rooms and suites
Located 95 km from airport
Facilities: Chinese and Western restaurants, bar, dance hall, swimming pool, shopping arcade, beauty salon, massage

Kirey Hotel
吉日旅館
105 Beijing Road East, Lhasa, Tibet
Tel: (0891) 6323462, 6323987
GM: Tsering Dickey
Opened May 1985
70 rooms and suites
Located 85 km from airport

Lhasa Tibet Hotel
拉薩西藏賓館

221 Beijing Road West, Lhasa, Tibet 850001
Tel: (0891) 6336784, 6334966
Telex: 68013 TGSTH CN Fax: (0891) 6336787
GM: Chanba Dantar
Opened 1 June 1986
104 rooms and suites
Located 100 km from airport, 2 km from bus station
Facilities: Chinese, Tibetan and Western restaurants, coffee shop, bar, conference rooms, dance hall, karaoke, theatre, shopping arcade, business centre, clinic, massage, baby sitting, sauna, horse riding

Sunlight Hotel Lhasa
拉薩日光酒店
27 Linju Road, Lhasa, Tibet 850000
Tel: (0891) 6322768

Xigazê, Tibet

Tibet Xigazê Hotel
西藏日喀則飯店
13 Jiefang Road Central, Xigazê, Tibet 857000
Tel: (0892) 22550
GM: Wang La
122 rooms and suites
Located in city centre, 240 km from airport
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, dance hall, shopping arcade, clinic, beauty salon, billiards

Gyangzê, Tibet

Gyangzê Hotel
西藏江孜飯店

Gyangzê Town, Gyangzê County, Xigazê, Tibet 857400
Tel: (08019) 2222
GM: Lunzhu Ciren
Opened May 1988
122 rooms and suites
Located in city centre, 230 km from airport
Facilities: Chinese and Western restaurant, bar, conference rooms, shopping arcade, beauty salon, billiards

Zêtang, Tibet

Zêtang Hotel Shannan
山南地區澤當賓館
Zêtang Town, Shannan Prefecture, Tibet 856000
Tel: (0893) 21688

Kunming, Yunnan

Begonia (Haitang) Hotel
海棠飯店
Huancheng Road East, Kunming, Yunnan 650000
Tel: (0871) 3137573
231 rooms and suites
Located next to the eastern bus station, 9 km from airport, 5 km from railway station
Facilities: Chinese and Western restaurants, banquet hall, shopping arcade, indoor swimming pool

Boeing Hotel
金鑫波音大酒店

274 Huancheng Road East, Kunming, Yunnan 650051
Tel: (0871) 3312126 Fax:(0871) 3312281
GM: Zhuang Yan
Opened 10 September 1994
80 rooms and suites
Located 7 km from airport, 4 km from railway station
Facilities: Chinese and Western restaurants, bar, conference rooms, business centre, dance hall, beauty salon, sauna, massage

Camellia Hotel Kunming
昆明茶花賓館
154 Dongfeng Road East, Kunming, Yunnan 650041
Tel: (0871) 3163000 Telex: 64135 KMCH CN
Fax: (0871) 3161879
GM: Li Datong
Opened February 1986
201 rooms and suites
Located 7 km from airport, 3 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, conference rooms, dance hall, karaoke, shopping centre, business centre, beauty salon

Golden Dragon Hotel
昆明金龍飯店

575 Beijing Road, Kunming, Yunnan 650011
Tel: (0871) 3133015 Telex: 64060 GDHKM CN
Fax: (0871) 3131082
GM: Zhao Guoxiong
Opened 16 January 1988
290 rooms and suites
Located 5 km from airport, 1 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, exhibition hall, business centre, dance hall, disco, karaoke, swimming pool, tennis courts, shopping arcade, florist, beauty salon, massage, sauna

Golden Rice Hotel Kunming
昆明金穗大廈
33 Dongfeng Road West, Kunming, Yunnan 650031
Tel: (0871) 3130998 Fax: (0871) 3130458
GM: Zhang Xixian
102 rooms and suites
Located 8 km from airport, 4 km from railway station
Facilities: Chinese and Western restaurants, bar, shopping arcade, dance hall, karaoke, business centre, beauty salon

Green Lake Hotel

翠湖賓館

6 Cuihu Road South, Kunming, Yunnan 650031
Tel: (0871) 5158888 Telex: 64073 GLHTL CN
Fax: (0871) 5153286
Opened 1965 (New Wing in 1993)
478 rooms and suites
Located in city centre, 12 km from airport, 7 km from railway station
Facilities: Chinese and Western restaurants, banquet facilities, beauty salon, massage, tennis courts, business centre,clinic, shopping arcade

Holiday Inn Kunming

昆明櫻花假日酒店

25 Dongfeng Road East, Kunming, Yunnan 650011
Tel: (0871) 3165888 Telex: 64151 HILKM CN
GM: G. Balachandran
Opened 1 January 1993
252 rooms and suites
Located 8 km from airport, 3 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, exhibition hall, business centre, dance hall, disco, swimming pool, bowling, beauty salon, gym, sauna

Jinli Hotel Kunming

昆明金利大酒店

71 Huancheng Road North, Kunming, Yunnan 650051
Tel: (0871) 5153070 Fax: (0871) 5155933
GM: Li Xikun
111 rooms and suites
Located 8 km from airport, 4 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, banquet hall, dance hall, disco, karaoke, shopping arcade, business centre, clinic, beauty salon, gym, massage, sauna

Jinmao Mansion Kunming

昆明市金茂大廈

Yongsheng Road, Shangyexiaoqu, Beijing Road South, Kunming, Yunnan 650031
Tel: (0871) 3136681 Fax: (0871) 3137820

Kingsun Hotel Kunming

昆明金山賓館

End of North Railway Station, Kunming, Yunnan 650051
Tel: (0871) 5419069 Fax: (0871) 5158727
GM: Shi Qi
157 rooms and suites
Located 5 km from airport, 3 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, exhibition hall, dance hall, karaoke, shopping arcade, business centre, clinic, beauty salon, billiards, gym, massage, baby sitting

King World Hotel

昆明錦華大酒店

28 Beijing Road South, Kunming, Yunnan 650011
Tel: (0871) 3138888 Telex: 64143 KIWH CN
Fax: (0871) 3131910
GM: Zhang Xianding
Opened 15 February 1992
321 rooms and suites
Located 5 km from airport, 400 m from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, disco, karaoke, shopping arcade, business centre, florist, clinic, beauty salon, gym, massage, baby sitting, steam bath

Kunming Friendship Hotel

昆明友誼賓館

Renmin Road East, Kunming, Yunnan 650041
Tel: (0871) 3138106 Fax: (0871) 3132533
GM: Jiang Liukun
103 rooms and suites
Located 4 km from airport, 3 km from railway station
Facilities: Chinese and Western restaurant, coffee shop, bar, conference rooms, dance hall, disco, karaoke, shopping arcade, business centre, billiards

Kunming Hotel

昆明飯店

145 Dongfeng Road East, Kunming, Yunnan 650051
Tel: (0871) 3162063 Telex: 64149 KMHBC CN
Fax: (0871) 3138220
GM: Jingen Chen
Opened February 1958
400 rooms and suites
Located in city centre, 5 km from airport, 1.5 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, dance hall, disco, karaoke, shopping arcade, business centre, florist, clinic, beauty salon, sauna, billiards, gym, massage, indoor swimming pool

Kunming Xingming Hotel

昆明興明飯店

128 Chuncheng Road, Kunming, Yunnan 650041
Tel: (0871) 3164888 Fax: (0871) 3165999
GM: Xu Zhiyong
Opened April 1994
100 rooms and suites
Located 2 km from airport, 1 km from railway station
Facilities: Chinese and Western restaurants, coffee shop, business centre, dance hall, karaoke, shopping arcade

Orchid Hotel

蘭花賓館

Huancheng Road South, Kunming, Yunnan
Tel: (0871) 3135553 Fax: (0871) 3133155
GM: Ma Lizhou
Opened 28 January 1992
252 rooms
Located 15 min from airport, 3 min from railway station
Facilities: Restaurants, karaoke, bar, dance hall, beauty salon

Tea Gardens Hotel Kunming

昆明市茶苑賓館

Yongping Road, Kunming, Yunnan 650011
Tel: (0871) 3139208 Fax: (0871) 3138313
GM: Weng Renlong
183 rooms and suites
Located 5 km from airport, 500 m from railway station
Facilities: Chinese and Western restaurants, coffee shop, bar, conference rooms, dance hall, karaoke, shopping arcade, business centre, clinic, beauty salon, sauna, billiards, gym, baby sitting

Union Hotel Kunming

昆明友聯賓館

32 Beijing Road, Kunming, Yunnan 650011
Tel: (0871) 3136965 Fax: (0871) 3137080
GM: Wu Hongwen
159 rooms and suites
Located 2.5 km from airport, 300 m from railway station
Facilities: Chinese and Western restaurant, bar, conference rooms, exhibition hall, dance hall, disco, karaoke, shopping arcade, business centre, clinic, beauty salon

Average Climatic Conditions in Tibet, Shanghai, Shaanxi and Sichuan

			Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Tibet	Lhasa	Temperature (°C)	-2.3	1.1	4.5	8.3	12.3	15.4	15.1	14.3	12.7	8.2	2.3	-1.7
		Rainfall (mm)	0.2	0.5	1.5	5.4	25.4	77.1	129.5	138.7	56.3	7.9	1.6	0.5
	Qamdo	Temperature (°C)	-2.6	0.5	4.3	8.3	12.2	14.9	16.1	15.3	13.0	8.2	2.3	-2.1
		Rainfall (mm)	1.6	3.8	6.8	14.9	45.7	90.3	106.0	101.4	72.2	29.4	3.6	2.1
Shanghai		Temperature (°C)	3.5	4.6	8.3	14.0	18.8	23.3	27.8	27.7	23.6	18.0	12.3	6.2
		Rainfall (mm)	44.0	62.6	78.1	106.7	122.9	158.9	134.2	126.0	150.5	50.1	48.8	40.9
Shaanxi	Xi'an	Temperature (°C)	-1.0	2.1	8.1	14.1	19.1	25.2	26.6	25.5	19.4	13.7	6.6	0.7
		Rainfall (mm)	7.6	10.6	24.6	52.0	63.2	52.2	99.4	71.7	98.3	62.4	31.5	6.7
Sichuan	Leshan	Temperature (°C)	7.1	8.8	13.5	18.2	21.6	23.8	26.0	25.6	22.0	17.4	13.2	8.8
		Rainfall (mm)	13.4	26.8	41.1	82.6	137.8	168.9	330.5	311.9	148.1	85.2	36.9	15.3

Train Schedules
Shanghai – Hangzhou – Guangzhou

209 F.T.	49 Exp.	Train No. / Station	50 Exp.	210 F.T.
	10:00	**Shanghai**	20:30	
09:20	–	**Hangzhou**	–	20:21
–	13:16	**Hangzhou East**	17:28	–
13:30	16:36	**Jinhua**	14:07	15:35
20:55	22:12	**Yingtan**	08:07	08:33
23:11	00:10	**Xiangtang West**	06:05	05:30
04:55	04:31	**Pingxiang**	01:34	00:11
07:14	06:20	**Zhuzhou**	23:49	22:16
09:32	08:25	**Hengyang**	21:40	19:55
15:10	13:36	**Shaoguan**	16:29	14:20
18:55	16:46	**Guangzhou**	13:06	10:20

Exp. – Express F.T. – Fast through passenger train

Train Schedules
Yan'an – Xi'an

319 F.T.	Train No. / Station	320 F.T.
09:33	**Yan'an**	17:16
10:29	**Ganquan**	16:23
11:13	**Fuxian County**	15:26
12:21	**Qingjiachuan**	14:19
13:23	**Hejiahe**	13:25
15:02	**Podicun**	11:54
15:24	**Sunzhen**	11:18
16:03	**Pucheng**	10:52
16:34	**Zhangqiao**	10:08
17:41	**Lintong**	09:12
18:07	**Xi'an**	08:44

Train Schedules
Chengdu – Leshan

541 O.	Train No. / Station	542 O.
09:50	**Chengdu**	17:40
10:11	**Shahebao**	17:21
10:28	**Chengdu South**	17:08
10:43	**Shuangliu**	16:49
10:57	**Gongxing**	16:32
11:15	**Xinjin**	16:01
11:33	**Qinglongchang**	15:41
11:47	**Pengshan**	15:21
11:58	**Taihe**	15:06
12:12	**Meishan**	14:39
12:36	**Simeng**	14:11
12:53	**Wuchang**	13:54
13:07	**Macun**	13:40
13:16	**Leshan**	13:21
To Puhong		From Puhong

O. – Ordinary train

Train Schedules
Beijing — Jinan — Nanjing — Shanghai

119 F.T.	123 F.T.	161 F.T.	21 Exp.	13 Exp.	Train No. / Station	14 Exp.	22 Exp.	162 F.T.	124 F.T.	120 F.T.
17:14	09:00 (From Tianjin)	20:58	21:55	14:40	**Beijing**	09:03 (Next day)	12:56 (Next day)	16:20	07:22 (To Tianjin)	11:44
19:31	09:28	23:16	23:41	16:27	**Tianjin West**	07:25	11:18	14:10	06:59	09:52
22:54	13:12	02:56	–	–	**Dezhou**	–	–	10:49	03:47	06:20
01:04	15:21	05:05	03:44	20:29	**Jinan South**	03:30	07:23	08:42	01:30	04:21
02:09	16:28	06:12	–	–	**Tai'an**	–	–	07:32	00:17	03:12
03:23	17:43	07:27	–	–	**Yanzhou**	–	–	06:14	22:59	01:56
06:04	20:34	10:14	–	–	**Xuzhou**	–	–	03:41	20:46	23:25
08:48	23:18	12:51	09:40	02:28	**Bengbu**	21:22	01:15	00:35	18:08	20:40
12:27	02:34	15:53	–	–	**Nanjing**	–	–	21:49	15:15	17:45
13:25	03:32	16:50	–	–	**Zhenjiang**	–	–	20:39	14:00	16:36
15:11	05:26	18:42	–	–	**Wuxi**	–	–	18:54	12:20	14:55
15:50	06:18	19:22	–	–	**Suzhou**	–	–	18:15	11:40	14:16
17:05	–	–	–	–	**Shanghai West**	–	–	–	–	13:01
20:20 (To Hangzhou)	07:31	20:39	15:27 (Next day)	08:12 (Next day)	**Shanghai**	15:46	19:49	16:49	10:25	09:25 (From Hangzhou)

Flights to and from Xi'an

Route	Days of Week	Dep.	Arr.	Flight No.
Beijing – Xi'an	2 6	10:55	12:25	SF123
	1 2 3 4 5 6 7	11:05	12:40	WH2124
	3 7	13:45	15:05	SF127
	1 2 3 4 5 6 7	14:15	15:45	CA1201
	3 6	14:55	16:30	WH2604
	1 2 3 4 5 6 7	15:30	16:55	CA1203
	5	15:50	17:20	WH2110
	4 7	15:55	17:30	WH2122
	1 2 3 4 5 6 7	17:10	18:45	WH2108
	1 3 4 5 6	17:40	19:10	CA1245
	1 2 3 4 5 6 7	18:40	20:10	WH2102
	2 5	20:00	21:30	WH2154
	1 2 3 4 5 6 7	20:55	22:30	WH2106
Xi'an – Beijing	4 7	07:10	08:40	WH2121
	5	07:15	08:40	WH2109
	3 6	07:20	08:50	WH2603
	1 2 3 4 5 6 7	08:00	09:30	WH2101
	1 2 3 4 5 6 7	08:40	10:05	WH2123
	2 6	13:25	14:50	SF124
	1 2 3 4 5 6 7	14:50	16:05	WH2107
	1 2 3 4 5 6 7	16:45	18:10	CA1202
	1 2 3 4 5 6 7	18:00	19:30	CA1204
	1 2 3 4 5 6 7	18:35	19:55	WH2105
	1 3 4 5 6 7	20:05	21:35	CA1246
Chengdu – Xi'an	1 2 4 5 6 7	09:05	11:05	WH2402
	3	10:15	11:55	WH2420
	1 4 6	11:45	12:50	SZ4531
	1 4	11:55	13:05	CA1422
	2 5	12:40	14:15	3U201
	2 3 5 7	13:45	14:50	CJ6402
	2	14:30	15:40	SZ4201
	4 7	15:30	16:35	CJ6464
Xi'an – Chengdu	1 2 4 5 6 7	07:40	08:55	WH2401
	3	07:40	09:20	WH2419
	1 4	09:50	10:55	CA1421
	2 3 5 7	11:30	12:40	CJ6401
	4 7	13:25	14:30	CJ6463
	2 5	15:00	16:40	3U202
	2	16:40	18:00	SZ4202
	3 5 7	19:15	20:25	SZ4532
Chongqing – Xi'an	7	09:00	10:00	G8 201
	2 4	13:25	15:15	GP7410
	6	13:30	15:10	GP7404
	3 5	15:55	17:00	WH2408
	2 6	16:00	17:00	SZ4241
	3 6	16:05	17:50	2Z406
	1 2 4 6 7	20:55	22:05	WH2404
Xi'an – Chongqing	3 5	07:30	08:55	WH 2407
	6	10:30	12:30	GP7403
	2 4	10:40	12:25	GP7409
	3 6	13:30	15:20	2Z405
	7	16:10	17:20	G8 202
	2 6	17:55	19:05	SZ4242
	1 2 4 6 7	18:40	19:55	WH2403
Guangzhou – Xi'an	1 2 3 4 5 6 7	10:50	12:55	WH2306
	1 2 3 4 5 6 7	15:05	17:25	CZ3201
	2	16:00	18:05	WH2324
	3	16:15	19:05	WH2366
	3 6	18:00	20:00	WH2322
	1	18:10	20:20	WH2368
	3	20:15	22:15	WH2330
	4 7	20:50	22:45	WH2328
Xi'an – Guangzhou	2	07:05	09:00	WH2323
	3 6	07:15	09:30	WH2321
	1 2 3 4 5 6 7	07:25	09:35	WH2305
	1	08:10	10:20	WH2367
	3	08:35	10:40	WH2329
	4 7	09:45	12:00	WH2327
	3	12:30	15:00	WH2365
	1 2 3 4 5 6 7	18:20	20:30	CZ3202
Hong Kong – Xi'an	2 4 6 7	17:35	19:50	CZ322
Xi'an – Hong Kong	2 4 6 7	14:00	16:25	CZ321
Kunming – Xi'an	5	10:50	12:30	WH2406
	2 4 6	13:15	15:20	WH2416
	3 5	17:15	18:40	3Q4281
Xi'an – Kunming	5	08:20	09:40	WH2405
	2 4 6	10:05	12:10	WH2415
	1 3 5	19:40	21:30	3Q4282
Xi'an – Nagoya	1 2 3 4 5 6 7	15:30	20:05	WH292
Nagoya – Xi'an	1 2 3 4 5 6 7	08:15	14:15	WH291
Shanghai – Xi'an	1 2 3 4 5 6 7	10:30	11:55	CZ8851
	1 2 3 4 5 6 7	10:50	12:25	MU5372
	2 6	11:50	13:25	SF322
	1 4	12:30	14:00	MF8370
	2 5 6	13:25	14:55	MU5364
	7	13:30	15:05	MF8370
Xi'an – Shanghai	3	07:55	09:40	WH2521
	1 2 3 4 5 6 7	08:15	10:05	WH291
	1 2 3 4 5 6 7	10:00	11:35	CA1567
	2 5	13:55	15:25	WH2527
	1 2 3 4 5 6 7	15:30	17:10	WH2501
	3 7	16:05	17:55	SF202
	4 7	20:15	21:55	MU5206
Shenzhen – Xi'an	2 5	08:25	10:45	4G839
	1 2 4 5 6 7	11:55	13:50	WH2326
	3 7	16:25	18:35	CZ3251
Xi'an – Shenzhen	1 2 4 5 6 7	08:25	10:35	WH2325
	2 5	11:35	13:45	4G840
	3 7	19:35	21:45	CZ3252

(Valid to October 28, 1995)

Flights to and from Kunming

Route	Days of Week	Dep.	Arr.	Flight No.
Beijing – Kunming	3	07:55	11:10	CA905
	1 3 6	08:10	12:20	X2 101
	2 4 6	08:25	11:40	CA1403
	1 2 3 4 5 6 7	11:15	14:15	3Q4122
	4 7	14:35	17:20	SZ4172
	1 2 3 4 5 6 7	18:35	21:40	3Q4182
Kunming – Beijing	1 2 3 4 5 6 7	07:40	10:15	3Q4121
	4 7	10:40	13:30	SZ4171
	2 4 6	12:30	15:10	CA1404
	1 3 6	13:20	17:30	X2 102
	1 2 3 4 5 6 7	14:45	17:35	3Q4181
	3	17:40	20:30	CA906
Shanghai – Kunming	6	07:45	10:30	SF453
	1 3 5 7	08:15	11:05	SF451
	1 2 3 4 5 6 7	10:45	13:40	3Q4542
	1 4	10:50	13:40	MU5405
	2 6	13:50	16:50	SZ4518
	4 7	19:40	22:25	3Q4546
Kunming – Shanghai	1 2 3 4 5 6 7	07:35	09:55	3Q4541
	2 6	10:30	13:00	SZ4517
	6	11:30	13:35	SF454
	1 3 5 7	12:05	14:25	SF452
	1 4	14:40	17:05	MU5406
	1 4 7	16:05	18:40	3Q4545
Shenzhen – Kunming	1 5	09:00	11:40	CZ3459
	1 5	11:10	13:20	MU5312
	3 6	11:35	13:20	SZ4374
	3 6	14:50	16:20	4G833
	2 7	19:25	21:05	3Q4396
	4 5	19:50	21:30	3Q4394
Kunming – Shenzhen	3 6	09:00	10:35	SZ4373
	1 5	12:30	15:00	CZ3460
	2 7	16:55	18:25	3Q4395
	4 5	17:20	18:50	3Q4393
	3 6	17:25	18:50	4G834
Hong Kong – Kunming	1 2 3 4 5 6 7	13:25	15:25	CZ342
Kunming – Hong Kong	1 2 3 4 5 6 7	10:45	12:30	CZ341
Singapore – Kunming	3 6	12:40	16:20	3Q464
Kunming – Singapore	3 6	08:00	11:40	3Q463
Vientiane – Kunming	4	12:45	15:05	CZ394
Kunming – Vientiane	4	11:25	11:45	CZ393

(Valid to October 28, 1995)

A Guide to Tibet Tours

Qinghai–Tibet Plateau, a unique snow-bound region in Tibet, is famous for its geographical location and its cultural background is entirely formed from traditional and Buddhist influences and have given rise to many special interest tours as shown below:

CULTURAL SIGHTSEEING TOUR – The cultures of Lhas Xigazê and Shannan (Zêtang) are major attractions in Tibet.

Xigazê is the centre of politics and religion in Back Tibet, and also th seat of Panchen Lama.

Information of Tibet Tourist Attractions

	Scenic Spot	Location	Activities / Interests
Gyangzê County	Pelcho Monastery	County town	Sightseeing
	Ten Thousand Buddha Pagoda		
	Buddhist Nunnery		
Nyingchi District	Basongcuo	Gongbo'gyamda County	Touring mountains and lakes
	Namjagbarwa Peak	Nyingchi County	Peak scenery
	Bayi Town Scenic Area	Bayi Town	Scenic view of southeastern Tibet
	Bujiu Lamasery	Southwest of town	Sightseeing
	Bayi Woollen Mill Factory	Bayi Town	Tour and shopping
	Song and dance performances	ditto	Moinba and Lhoba folk dances
Nagqu District	Qiangtang Turf Club	Nagqu Town	Horse racing
	Xiaodeng Monastery	ditto	Sightseeing
	Monasteries of Black Sect	Biru County	ditto
	Lake Bangkog	Lake Palgon	Wildlife
	High peaks		Pasture and snow peaks
Xigazê District	Tahsilumpo Monastery	Urban district	Sightseeing
	Panchen Palace	ditto	ditto
	Xialu Temple	Southeast city	ditto
	Tibetan Hospital	Urban district	Tibetan medicine
	Agricultural Products Market	ditto	Tour and shopping
	Sa'gya Monastery	Sa'gya County	Sightseeing
	Mt. Qomolangma	Tingri County	Peak scenery
	Carpet Factory	Urban district	Shopping
Lhasa Area	Potala Palace	Urban district	Sightseeing
	Jokhang Monastery	Old town	ditto
	Drepung Monastery	West suburb	ditto
	Sera Monastery	North suburb	ditto
	Norbu Lingka Park	Urban district	ditto
	Lesser Jokhang Temple	Old town	ditto
	Ganden Monastery	Northeast city	ditto
	Nunnery	Old town	ditto
	Nêqong Monastery	West suburbs	ditto
	Tibetan Hospital	Urban district	Tibetan medicine
	Arts School	ditto	Tibetan song and dance
	University of Tibet	ditto	Tibetan education
	Pagor Street	Old town	Sightseeing, shopping
	Carpet Factory	Urban district	ditto
	Oxhide raft	Lhasa River	River trip
	Yamzho Yumco Lake	Southwest city	Snow and Lakes
	Yangbajain Geothermal Resources	Northwest city	Natural phenomena
	Zongjialukang	Urban district	Picnic, argricultural market
Shannan Area	Yumbuk Lakang	South of Zêtang	Sightseeing
	Tombs of Tibetan Kings	Qonggyai County	ditto
	Changzhuk Monastery	South of Zêtang	ditto
	Samye Monastery	North Yarlung Zangbo River	ditto
	Chigu Grassland	South of Zêtang	Southern Tibet grasslands
	City activities	Urban district	Sightseeing, shopping
	Evening entertainment	Arts Centre	Fashion show, song and dance performance
Ngari District	Divine Mountain	Burang County	Mountain Trekking
	Sacred Lake	ditto	Lakescape, bathing
	Ruins of Guge Kingdom	Zanda County	Sightseeing
	Rutog County	Rutog County	Wildlife

Shannan (Zêtang) lies along the Yalong River, is the ancestral home f the Tibetan nationality and is also a State-protected scenic area.

Nyingchi is located in the southeastern part of Tibet and has attracve scenery, abundant natural resources and a variety of wildlife.

Nagqu, a northern pasture area with a scenery of seasonal grassland midst mysterious, snow-covered mountains.

Ngari District is the roof of the "roof of the world" with its divine ıountain and sacred lake.

TREKKING TOUR – With equipment carried by draft animals or orters the traveller follows specific routes such as village paths, ancient ade and pilgrimage routes.

Mount Qomolangma Area, currently the most popular tourist ataction. Walking from Tingri which is 4,270 metres above sea level, it ıkes about five days to reach the nomadic tent area and pastureland at 200 metres above sea level. The tour includes Rongbuk Monastery and asecamp at the foot of Qomolangma Peak where you can experience ıe life of a nomadic tribe with extraordinary views of the mountains.

The Ngari Divine Mountain (Mount Kangrinboqê) and **Sacred ake** (Mapam Yumco Lake) both are sacred places to Buddhist follows especially those from Nepal and India.

Kangrinboqê Peak, 6,705 metres high, is the central watershed situed within Asia's four largest rivers. Following the route of pilgrims, it ıkes three days to go around the mountain.

Mapam Yumco Lake is a Buddhist sacred lake, 4,572 metres above a level and is the highest freshwater lake in the world. Five days are eeded to go around the lake.

MOUNTAINEERING TOUR – Tibet is the most popular place in ıe world for mountaineering enthusiasts. From the north slope of the imalayas along to the southern Tibet border spanning 2,000 kilomees, there are five mountains over 8,000 metres high and many with 000-8,000 metre-high peaks. Tourists are most interested in the area om Mount Qomolangma to Xixabangma. There are a total of 39 mounins open to tourists in Tibet.

Precautions

Clothing: Bring warm winter clothes and sports shoes. A down vercoat is the best protection against the cold and is also easily carried. The plateau always has strong winds and sands. Gauze masks, caps, cushions or inflatable pillows are good for long-distance travel to minimize the bumpy journey.

Food: Pack some dehydrated food, biscuits and glucose for your own supplies. Tibetan food is quite spicy with a limited supply of meat and vegetables. If you don't think you can get used to the food, bring your own canned food and instant noodles.

Entering the plateau area, your digestive system will become affected by the high altitude, so don't eat too much. It is suggested you eat little and often. High calorie foods are recommended. Avoid alcohol in order to minimize depletion of your body's oxygen.

Accommodation: Many motels, guesthouses and hotels in Tibet are not well-equipped and some have no washing facilities. Bring a sleeping bag; to prevent flea bites sprinkle some ginger powder inside the sleeping bag before use. You can buy ginger powder in most traditional Chinese medicine stores.

Transportation: You should pre-book bus tickets as early as possible and arrive at the bus terminus half an hour before departure since you must arrange your own luggage. Don't put your luggage on the roof of the bus where it will be heated by the bright sunshine. Take any sensitive items, especially cameras and films, with you. Don't drink too much water, the driver seldom stops the bus for the call of nature! If it is an overnight journey, remember to confirm the depature time and location for the next morning's bus. Hitchhikers should note the car license number, driver and company name.

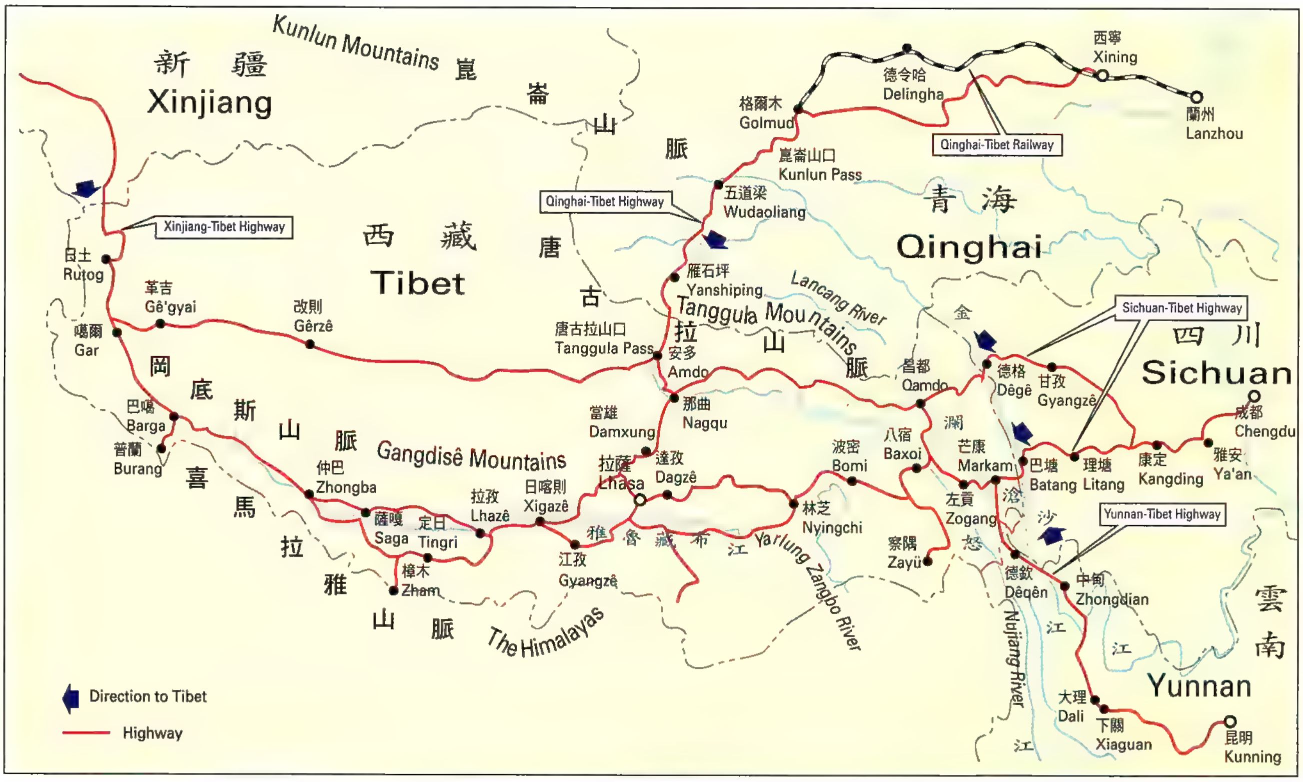
Travelling Season

Ideal weather and travel conditions exist from May to October; June, July and August are the favourite months for tourists. Tibet's temperatures differ greatly between day and night, but the long sunshine hours keep the temperatures moderate in winter. The rainy season is from July to September. Spring, autumn and winter are dry but the changes between the four seasons is tremendous.

Health Conditions

Most of the area in Tibet Plateau is 4,500 metres above sea level therefore the air is thin; people who cannot get used to the high altitude, will

Map of Four Highways Entering Tibet


Kunlun Mountains 崑崙山脈
新疆
Xinjiang
Xinjiang-Tibet Highway
日土
Rutog
革吉
Gê'gyai
噶爾
Gar
改則
Gêrzê
西藏
Tibet
唐古拉山口
Tanggula Pass
唐古
Qinghai-Tibet Highway
岡底斯山脈
Gangdisê Mountains
巴嘎
Barga
普蘭
Burang
仲巴
Zhongba
薩嘎
Saga
定日
Tingri
樟木
Zham
拉孜
Lhazê
日喀則
Xigazê
江孜
Gyangzê
拉薩
Lhasa
當雄
Damxung
達孜
Dagzê
喜馬拉雅山脈
The Himalayas
雅魯藏布江
Yarlung Zangbo River
格爾木
Golmud
德令哈
Delingha
西寧
Xining
蘭州
Lanzhou
Qinghai-Tibet Railway
崑崙山口
Kunlun Pass
五道梁
Wudaoliang
青海
Qinghai
雁石坪
Yanshiping
Tanggula Mountains
唐古拉山脈
Lancang River
安多
Amdo
那曲
Nagqu
昌都
Qamdo
金
德格
Dêgê
甘孜
Gyangzê
Sichuan-Tibet Highway
四川
Sichuan
成都
Chengdu
雅安
Ya'an
康定
Kangding
理塘
Litang
巴塘
Batang
芒康
Markam
瀾
滄
八宿
Baxoi
波密
Bomi
林芝
Nyingchi
左貢
Zogang
察隅
Zayü
怒
沙
江
Yunnan-Tibet Highway
德欽
Dêqên
中甸
Zhongdian
Nujiang River
雲南
Yunnan
大理
Dali
下關
Xiaguan
昆明
Kunning
Direction to Tibet
Highway

suffer from mountain sickness causing faster breathing and headache. If you make an ascent too rapidly from low to high ground, your body will undergo various symptoms such as headaches, vomiting, weakened arms and legs, pale complexion, palpitations, or more serious difficulty in breathing and shock.

To prevent serious mountain sickness, keep your pace comparatively slow. Normally, allow ascent from low-lying land up to 3,000-metre plateaus to be taken over a period of ten days so that your body can adapt to the changes gradually.

For the first two days in Tibet, newcomers should not over-exert themselves. Walk and climb stairs slowly; take more rest and avoid strenuous exercise. If you feel tired or experience faster respiration, allow yourself to relax. Those with influenza, high blood pressure, heart conditions, asthma, cough problems or patients with fever are not recommended to visit Tibet.

Customs

Tibetans are very religious, and you should observe their taboos and national etiquette as outlined:

Don't chop trees which are near monasteries, sing loudly, fish or hunt.

Buddhist discipline prohibits the slaughter of wild animals; particularly the eagle which is regarded as a sacred bird.

A small fire in front of a house, red cloth, tree branches planted in front of the door or wooden door latches drawn back means a family member is sick or giving birth. Don't go in without permission.

Before you take photos in monastery, obtain permission from the people or pilgrims concerned.

As a courtesy don't refuse when the Tibetans serve you buttered tea. When drinking tea, leave a little in your cup if you want to drink more or bottom up for enough, the host will understand.

When meeting Tibetan people, they will stretch out both hands, palm facing upward and bend at the waist to greet you; for honoured guests, they sometimes present you with a *hata* (a piece of silk).

You cannot step over musical instruments or braziers or take a reverse turn for Buddhist sutra column or wheel.

Four Highways to Tibet

Generally, people will choose land transport to enter Tibet rather than by air from plain to plateau to avoid great climatic changes to the body when travelling. Besides entering via its neighbouring country Nepal, there are four highways from Sichuan, Qinghai, Xinjiang and Yunnan to Tibet.

Sichuan-Tibet Highway: From Chengdu, capital of Sichuan Pro ince to Lhasa is a distance of 2,413 kilometres. It is divided into Northe Sichuan-Tibet Highway (via Qamdo) and Southern Sichuan-Tib Highway (via Batang). The highest is Mount Chola (5,200 metres) on t northern route and the second is Litang (4,700 metres) on the southe route. You will cross many mountains, river valleys, grasslands a canyons with lots of attractive scenery. The best period to travel th route is from August to October. During other periods only unsche uled buses passing through this route are on offer. Among the fo highways the Sichuan-Tibet Highway is the most beautiful tour throu mountains and lakes.

Qinghai-Tibet Highway: From Xining (Qinghai) to Lhasa with t distance of 1,214 kilometres, the highest point is Tanggula Pass (5,7 metres). The scenery along this route is quite monotonous but this a phalt road is fast and safe. The best period for travelling is June to A gust. As a matter of fact, the road is kept in a good condition througho the year with a bus timetable and for this reason it is the most favour route for the tourists.

Xinjiang-Tibet Highway: From Yecheng (Xinjiang) to Lhasa, 1,4 kilometres in distance, the highest area Jieshandaban is 6,700 metres a the rest are mostly over 4,000 metres. This is a non-residential route a the road is precipitous and rugged, the highest above sea level a hence mountain sickness is very likely, so only a few people choose th route. There is no fixed timetable for buses and the other transportati are trucks. They transport goods from May to October because hea snow covers the whole area for the rest of the year, which it is remo and uninhabited.

Yunnan-Tibet Highway: From Xiaguan (Yunnan) to Markam (T bet) with a distance of 800 kilometres, the highest mountain area Hongla Pass (4,300 metres). Here you can enjoy the folklore atmosphe with many minorities and picturesque mountain scenery along t road. Bus timetables are available, but sometimes the transportati breaks down owing to the collapse of mountain slopes causing a del of between two to ten days. The best period is from August to October.

The four highways are greatly affected by seasonal and climatic co ditions. If you decide to travel by road transport, pay attention to t time of year and route. Coincide your travel with the major festiva held in Tibet to give yourself an unforgettable journey. Please refer the following table for climatic conditions and festivals.

Season	Month	Weather	Traffic Conditions			Festival/Fair
			Qinghai–Tibet Highway	Sichuan-Tibet Highway Yunnan-Tibet Highway	Xinjiang-Tibet Highway	
Spring	March April May	cold cold cold	* * *	* * *	mountain blocked ditto *	Tibetan New Year – Sunning the Buddha
Summer	June July August	warm warm warm	* * *	rainy ditto ditto	* * *	Horse Racing and Archery Incense Burning Xodoin / Bathing Week
Autumn	September October November	cold cold cold	* * *	* * *	* * mountain blocked	– – –
Winter	December January February	severe cold severe cold severe cold	* * *	very few vehicles pass ditto ditto	mountain blocked ditto ditto	Death of Tsongkapa – Driving off Evil Spirits

* road conditions good

NEWS

TOURIST INFORMATION

Slip-On Shoes Required in Forbidden City

The 589-year-old Palace Museum in Beijing now requires visitors to wear slip-on shoes whilst touring the many halls and galleries in an effort to reduce wear and tear. The Imperial Palace receives over 20,000 visitors each day. Coming from wide-ranging opinion, the wearing of slippers is the best way to protect the brick floor in the halls, which currently needs to be replaced every three years at great cost.

The Treasure Hall, Watch and Clock Hall are now reverberating under the silent shuffle of rubber on cork – visitors pay two yuan (about 23 cents) to hire the slippers.

"Joy of Fishermen" Tour

Tourists to Zhejiang's Putuo Mountain, one of the four famous Buddhist shrines in China, have another attraction to enjoy after a folklore programme "Joy of fishermen" was successfully introduced on Hulu (Calabash) Island.

Two kilometres from Putuo Mountain, Hulu Island covers less than one square kilometre. It has rich natural scenic spots such as reefs, beaches and caves as well as unique folklore customs.

"Joy of Fishermen" one of the programmes for '95 Folk Customs Tourism Year launched in the country, offers visitors the chance to try the dragon robe worn only by emperors in ancient times, to row small boats, collect conch, catch fish, shrimps and crabs, taste seafood and watch sunrises and sunsets.

Old City Replica

The largest replica of an ancient city will soon emerge in the southern suburbs of Zhengzhou, the capital of Henan Province.

Covering 280 hectares Jinda City will be a replica of Chang'an capital of the Tang Dynasty (618-907). With a 10-kilometre city wall, 15 gates, four watchtowers, 16 terraces and nine main avenues the replica city will be built in groups of villas and courtyards, and be equipped with modern furniture to appeal to both tourists and business people.

Shanghai Shooting Range

China's largest indoor shooting range, with a floor space of 600 square metres, 14 targets and a maximum firing distance of 25 metres has been built at the Huangdu Shooting Entertainment Centre in Shanghai. Jointly developed with the Jinhui Advisory Service of the Shanghai Police it is hoped the range will provide a healthy combination of education, recreation and leisure.

Planted Plum Blossom Garden in Nanjing

China's famous Meishan (Mount Plum Blossom) is located in the east suburb of Nanjing. Zhongshan Potted Plants Scenery Garden to be found in the northeast corner of Mount Plum Blossom is a half-covered garden with an area of seven hectares combining eight scenic areas of lakes, mountains, potted plants, dense forest, ground plants, Yunqiang and botany, it also has an exhibition hall.

The garden has cultivated mainly local and foreign species of precious plum blossom and they are exhibited with surroundings of pavilions and bridges, and Taihu rocks carved with well-known poems creating an elegant setting for "Plum Blossom Culture".

Thousands of species of plum blossom, elm, bamboo and other flowers are on show, especially the three "longevity plum blossom trees" from the Ming and Qing dynasties (1368-1911) which still thrive today.

Emperors Corridor in Sichuan

The Emperors Chronological Corridor of Dynasties has been built at the foot of Mount Douchui, an outstanding mountain in northern Sichuan. The corridor is now open to local and foreign visitors.

In the 1.6-kilometre-long corridor there are 223 stone emperor statues ranging from China's first emperor Qin Shihuang to the last emperor, Puyi. A brief story of the rise and fall of each emperor is given. Another 223 pieces of relief sculpture, 242 stone tablet carvings and a 600 metre-long corridor wall has been completed inside.

International Boat Fest

China's 1995 Hangzhou West Lake International Boat Festival will be held on October 16 in this capital city of Zhejiang Province. The week-long festival features performances of folk art and customs with the theme of Hangzhou and its symbol West Lake. There will be exhibitions of natural scenery and social development of the tourist city, a boat-designing contest and dragon boat racing.

TRANSPORTATION UPDATES

New Border Crossing Open

After four years of construction, a new border crossing linking the Xinjiang Uygur Autonomous Region with Kazakhstan has been completed and is ready to cater to growing border trade and heavier flow of travellers. Having passed a State-level examination the crossing point will be the fourth port linking Xinjiang with Kazakhstan and is estimated to reach an annual handling capacity of 300,000 tons of goods and 200,000 travellers by the end of this year.

Fengyuan Express and New Rail Line

A special tourist train has begun operation between Xining, capital of Qinghai Province on the Qinghai-Tibet Plateau; and Lanzhou, capital of Gansu Province. The "Fengyuan" express train is to cater to tourists travelling between the Qinghai-Tibet Plateau and Gansu, which is famous for its Dunhuang Grottoes offering a first class service, attendants on board have been specially trained in foreign languages and customs. The fare will be subject to seasonal adjustment.

Another new railway line from Qinzhou City to Beihai Port along the coast of Guangxi Zhuang Autonomous Region was recently completed and tested. It also links Beihai with Fangcheng, another port in Guangxi, and will help link all the tourist sites in this southwestern region to the main railway network.

Train to Hainan

An express train, named the "Hainan", is for the first time to carry passengers travelling between the island province of Hainan and Beijing. Beginning service in July the air-conditioned luxury train takes 52 hours to get to Beijing from Haikou. A round trip of 2,765 kilometres includes a ferry, port and rail transportation; passengers are first carried by ferry from Haikou to Zhanjiang Port on the Leizhou Peninsula where they board the train, which has two scheduled round trips per week.

First Double-Decker Sleeping Train

A long-distance double-decker sleeper train is now in operation. Nanjing Puzhen Automobiles Factory has designed a modern passenger tour train to serve routes in Beijing and Qingdao.

Each train carriage accommodates 80 well-equipped berths offering larger rooms and more privacy than the previous single-decker trains. Air conditioning is provided all year round and hot drinking water is now available on board.

China Jiangsu Textiles
Import & Export Group
Corporation

China Jiangsu Textiles Import & Export Group Corporation, founded in 1973, is one of the earliest provincial foreign trade enterprises. The business covers more than 100 countries and regions with an accumulated export value of US$ 580 million at the end of 1994, ranking 63rd among China's top 500 import & export enterprises. As a group corporation, we have several overseas enterprises and more than ten joint ventures at home for our production and service enterprises.

Main export commodities: raw cotton, yarns and fabrics in grey, finished fabrics, spun rayon & other blended yarns & fabrics, woollen yarns & piece goods, ready-made products, ramie & linen products.

Imports: accessories, dyes & chemicals, packing materials, technology, yarn and fabric processing equipment, etc.

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Liu Jin Duo
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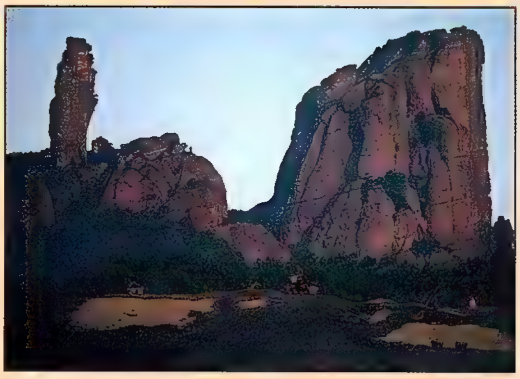
NEXT ISSUE

A Trip to Dali


Mount Guifeng – Giant Potted Landscape by Mother Nature

Spending Spring Festival at the Ancient Town Huanglongxi

A Tipsy Night in a Qiang Village

In our next issue we visit Sichuan Province where our reporter experiences the tipsier side of village life with the Qiang people, a fabled ethnic group of ancient times. And then on to the excitement of the Spring Festival in the ancient town of Huanglongxi where fire dragons and firecrackers predominate. Moving southwest to Dali, Yunnan Province and the magical Lake Erhai where the setting sun dyes the sky and lake crimson and fishermen still use cormorants to fish. From crimson to cinnabar to the land that time forgot; where Mother Nature has worked her magic to create lifelike rock formations on the eerie red sand plains of Mount Guifeng, Jiangxi Province.

"DIAMOND"

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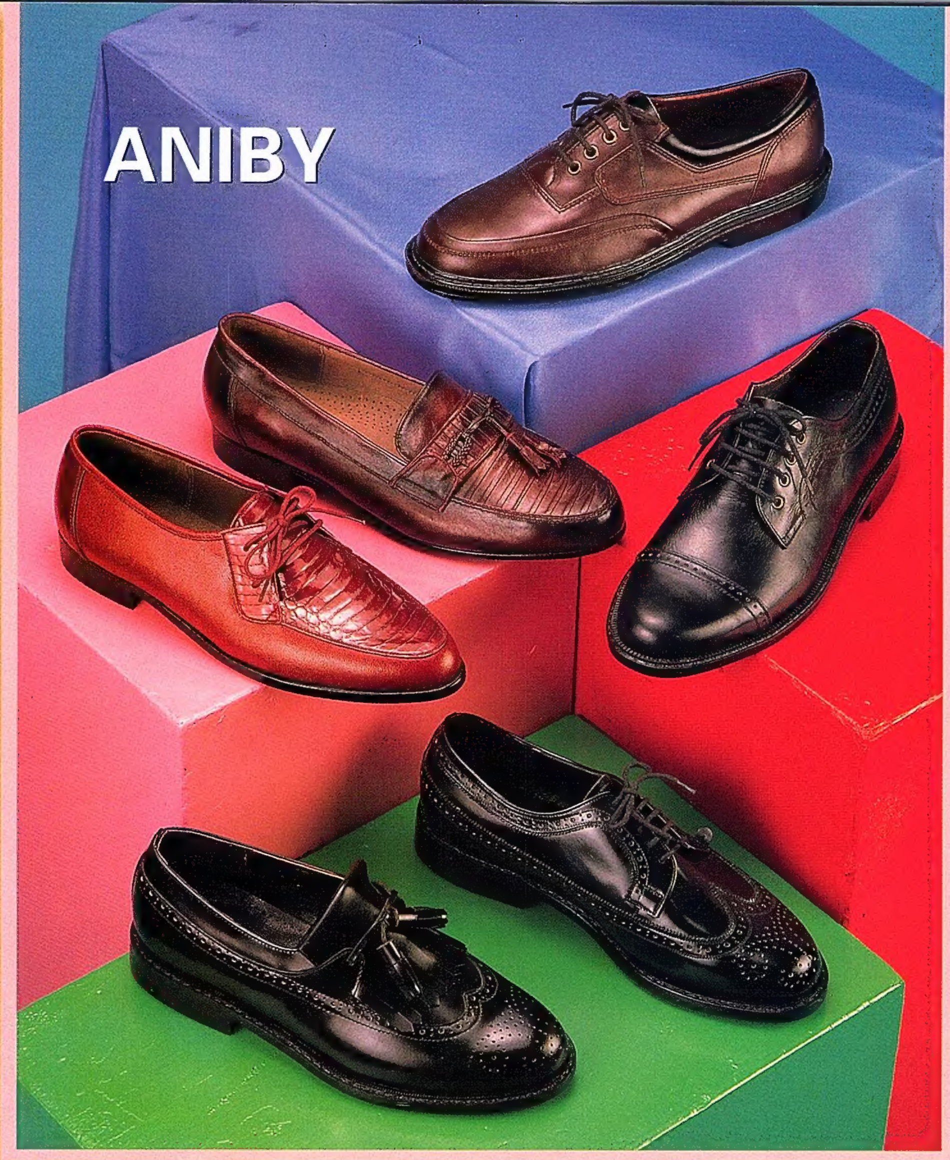

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